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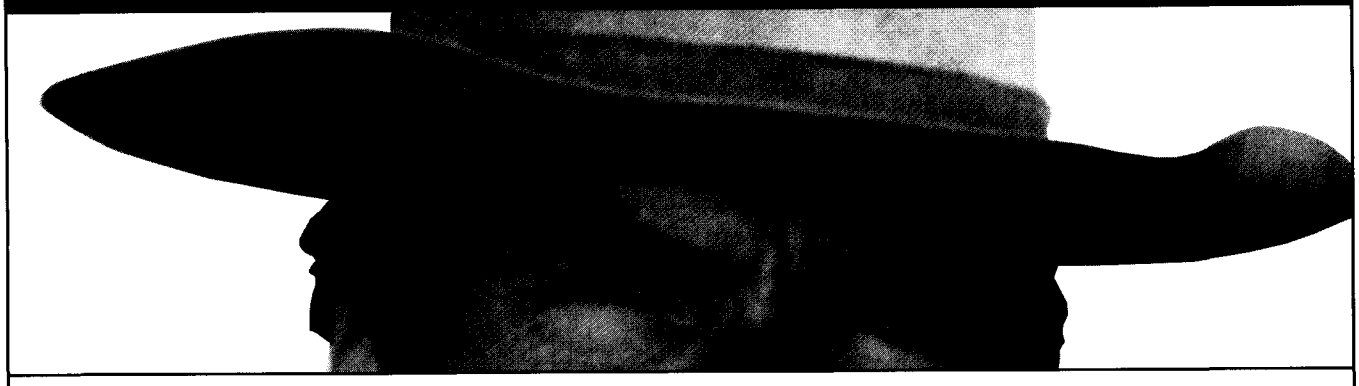

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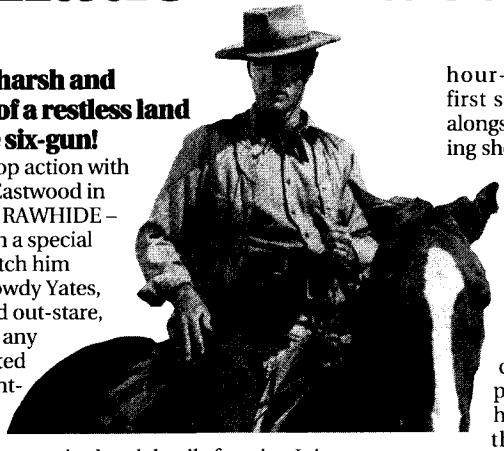

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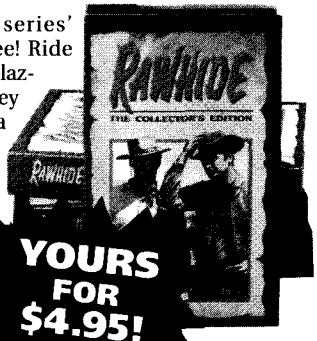

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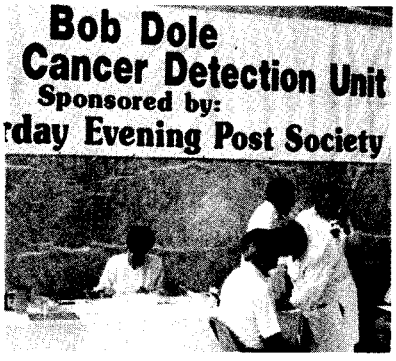

With PSA Screening Tests—we hope to reduce our 34,000 annual prostate cancer deaths. 50

A Visit with Annette—reveals the hope and strength of America's favorite girl next door. 40

Classic Christmas Covers—by *Post* illustrator J. C. Leyendecker recall the timeless treasures of Christmas past. 56

The Party's On—with tasty new finger food ideas for entertaining during the holidays. 26

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(Cover illustration by J. C. Leyendecker)

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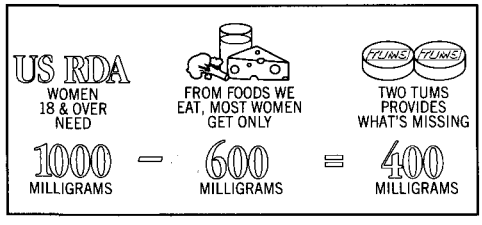

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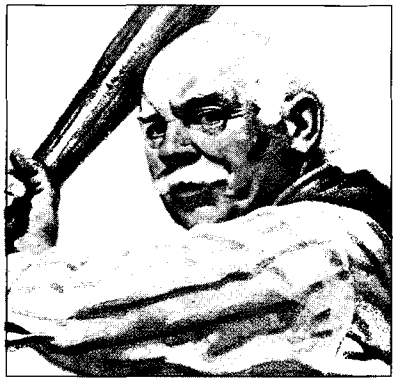

Use It or Lose It!—Dr. Walter Bortz tells us why we must slip on those sneakers. **62**

The "Cold" War—rages on, so here's how to best protect yourself during the cold and flu season. **22**

A Christmas Story—A lonely stranger discovers the meaning of Christmas with a young family. **45**

Gifts of Homemade Bread—thoughtfully created in your own kitchen, are healthful presents friends will remember. **14**

Letters

A Call for Compassion

I just finished reading your Speaking Out article, "A Story Worth Telling" in the Sept./Oct. issue of the *Post*. Thank you a thousand times for publishing this story.

My own father was healthy all his life and as far as we knew never suffered an illness of any consequence. In November before his 86th birthday the following January 3, he learned that he had an ulcer in the lower part of his stomach. He begged to just be treated for it and not have surgery.

While he was hospitalized for diagnosis, he was passed from doctor to doctor and every known test performed, some very uncomfortable. We were told that he must have the stomach surgery and even though we objected the surgery was performed. Afterwards, we could hardly see any of the doctors to learn anything. Each doctor would refer us to another doctor. We picked up enough to learn that he had cirrhosis in the advanced stages, that he showed evidence of having had several types of hepatitis and they hinted that he was a very sick man leaving the impression that other things were found.

He was dismissed abruptly from the hospital, even though he was on his deathbed, as soon as the point was reached where the hospital would start to lose money on him. We had to take him home and set up a hospital room and pay visiting nurses to administer IVs. My mother had suffered a stroke

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Post

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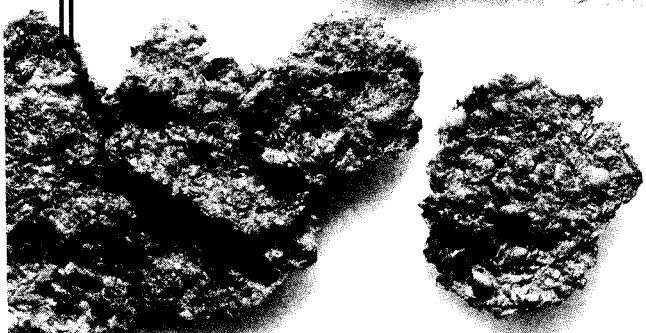

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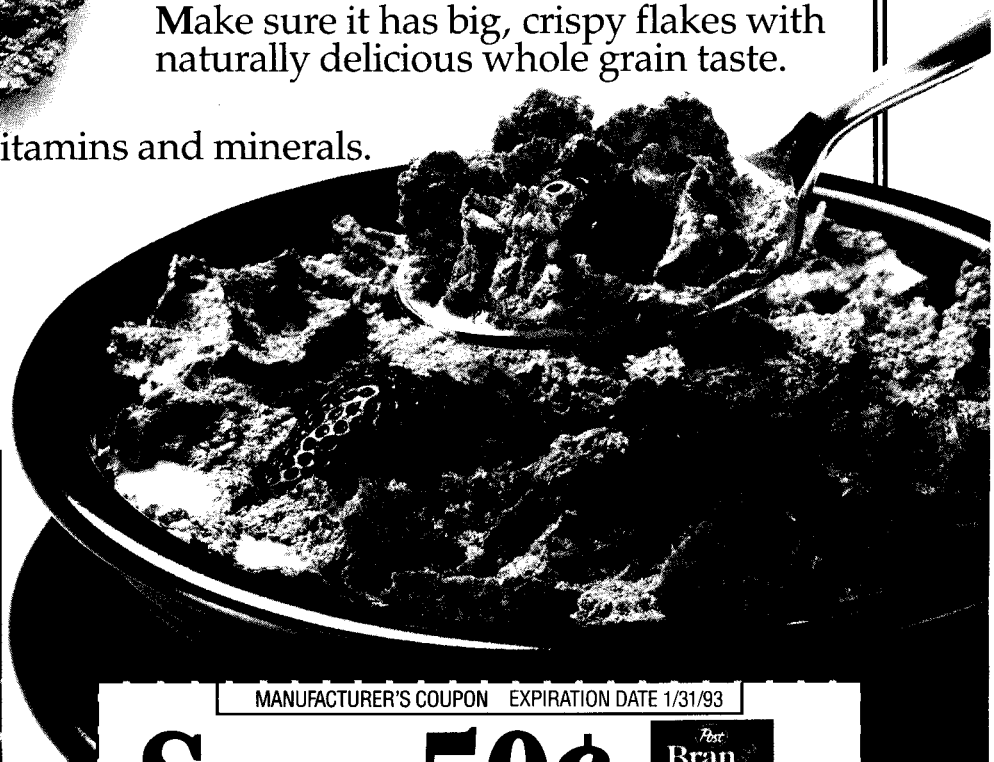

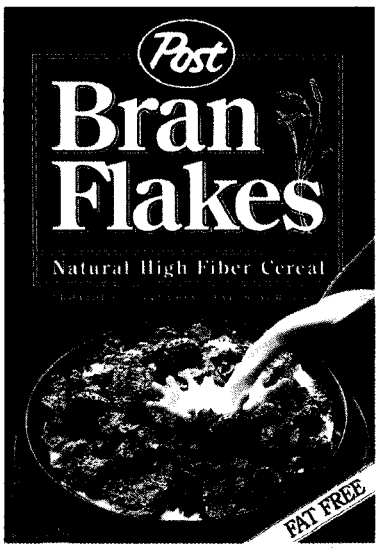

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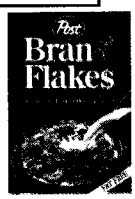

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the previous September and we had a nightmare on our hands. All three adult children and spouses were employed full-time.

We kept him at home about six weeks and he went into a coma and was readmitted to a hospital—but this time under a code which prevented doctors from keeping him alive artificially. They were ready to go with our wishes then. He died in January 1989.

We would give anything to learn how much of his condition was known before the stomach surgery, which certainly made the ulcer surgery useless and even hastened his death. We honestly feel that we let our father down in his greatest time of need and we feel anger toward all who participated in putting him through this. His bills totaled nearly $100,000.

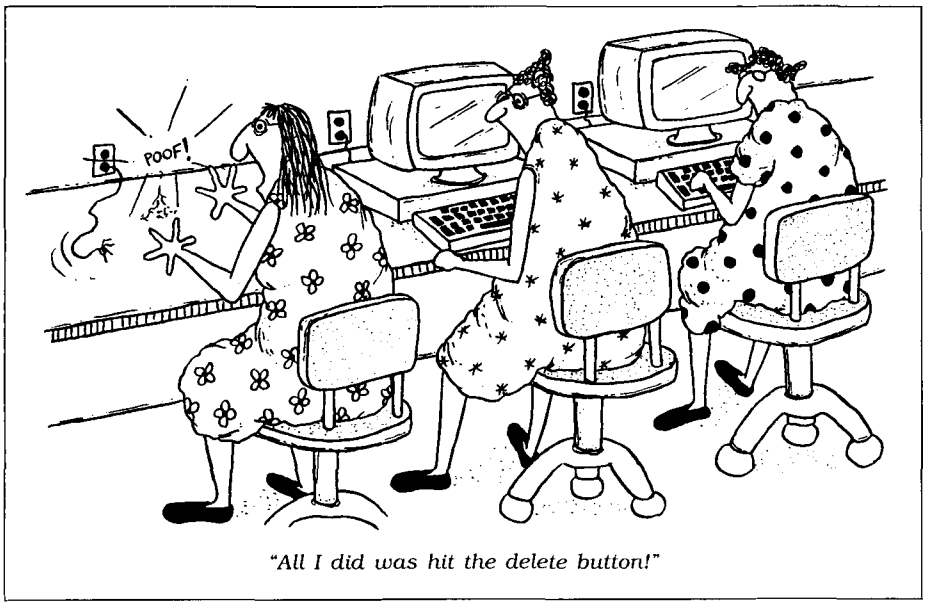
One cardiologist, who was called in to evaluate his heart to see if it could withstand surgery, said to me, "You all are not going to let them operate, are you?" Looking back on it all, we feel like he was trying to shout *do not permit surgery on your father. It is useless.*

My father was a very kind and considerate person and believed everyone was as honest and trustworthy as he was. This makes it even harder to bear.

I personally believe that if there was not so much greed in this world there would be enough funds to take care of every human being needing medical care.

Thanks again for publishing the article. We have learned a lot and will fight harder for my mother's remaining years.

Billie O. Burns
Orange, Texas



"All I did was hit the delete button!"

A Learning Experience

I am 70 years old. Well, that in itself is not really a big deal although I remain somewhat mystified that I got here. What I really wanted to tell you about is what went on 56 years ago, when I was 14.

I was a *Post* boy. I delivered *The Saturday Evening Post* to my customers, door-to-door, every week. There were no direct mail subscriptions, at least not in those days, not in my town. The magazines were shipped in bulk, by rail, to a distributor who then gave them out to the "boys" to sell on their routes and on the streets. I also became that distributor at 15. Now this had to be by default somehow because I was too young to have acquired any kind of a track record. Maybe it was because I sold more *Posts* than anyone else. I don't remember. But I got the job and was glad of it, because there was darned little money around. That old saying about there being no free lunch had to have come out of the thirties.

But it was a time of dreams, of hopes, and of simple pleasures. Neighbors were friendly and helpful like an extended family. I had "aunts" all over town and every one of them a champion cookie baker and a subscriber to the *Post*. Safety and security were never even discussed. Pre-

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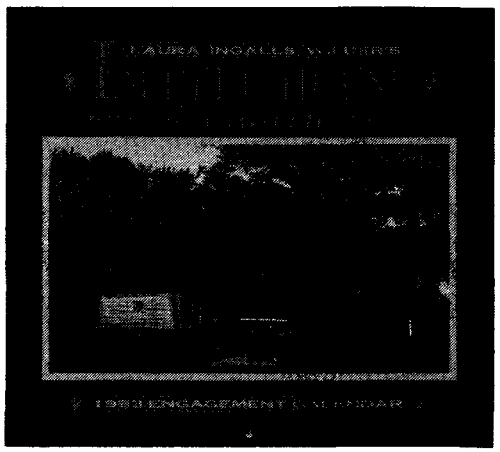

Laura Ingalls Wilder's Little House books on pioneering and the television show "Little House on the Prairie" have captivated generations of admirers around the world. Pioneer life on the American prairies of the 1870s and 1880s rings true in Wilder's warm memories of her life as a pioneer girl in this classic series.

A year long reminder of places and things that Laura wrote about are yours in this 1993 calendar with thirteen full color pictures and Wilder and Ingalls family important dates.

Stunning photography by Leslie A. Kelly features the replica cabins at Pepin, Wisconsin, (Laura's birthsite) and Little House on the Prairie in Kansas, the dugout site on the banks of Plum Creek at Walnut Grove, Minnesota, the Surveyors' House and Silver Lake in De Smet, South Dakota (the Little Town on the Prairie). Also shown are Pa's fiddle and the Wilder's Ozark house at Mansfield, Missouri, where Laura wrote her **Little House** books. **Large size** (12¾" by 11⅞"). Special matte design makes each picture suitable for faming.

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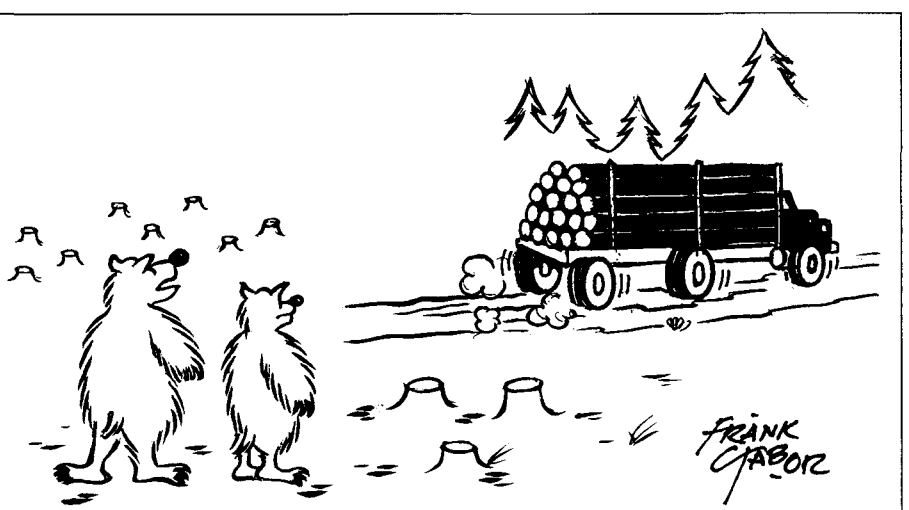
nancies happened only within marriages and girls were still courted in our own awkward ways. The lack of money was actually a small price that we paid for a wonderful, if simple, life. I feel lucky to have grown up in the thirties.

You know, a lot of celebrities, when interviewed, will give much credit to a particular teacher. "Oh yes, Miss Frothinham, my 4th grade teacher was my inspiration, my guiding light. I owe her everything." Well, not me. I don't remember any of them. Oh, I was an "A" student so somebody must have done something right, but I simply don't remember them. But I do remember the times and I do remember my days as a *Post* boy and all that went with it. And, I thank you, *Post*, for the experience. I have never forgotten those days.

George M. Grace
Venice, Florida



"Well, there goes the neighborhood!"

Kudos for Katie

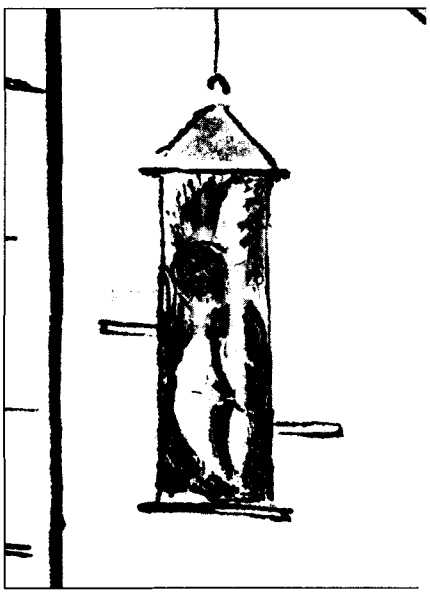
Congratulations on your most cheerful cover of Sept./Oct. '92 with lovely Katie Couric and the great accompanying article by Judy Flander.

To paraphrase an old orange juice commercial, "A day without Katie Couric is like a day without sunshine."

Elmer N. Stuetze
St. Louis, Missouri

Squirrely Cartoons

We are long-time readers and subscribers of *The Saturday Evening Post*. We enjoy the articles and love the humor. This old world can surely use all the laughs it can get.



However, in your Sept./Oct. edition you have completely baffled us! The cartoon on page 34 is the one we—neither of us—can understand! Maybe we should see something in the bird feeder that we don't. Please explain. Help!

Mrs. John Will
Jamestown, New York

Post—The Cat's Meow!

I wanted to let you know how much I've enjoyed the revived *Saturday Evening Post* over the past years. Your mission was to restore the magazine's image and its mission as a magazine.

Before you revived it, it rarely ever featured practical advice readers should know on every aspect of go

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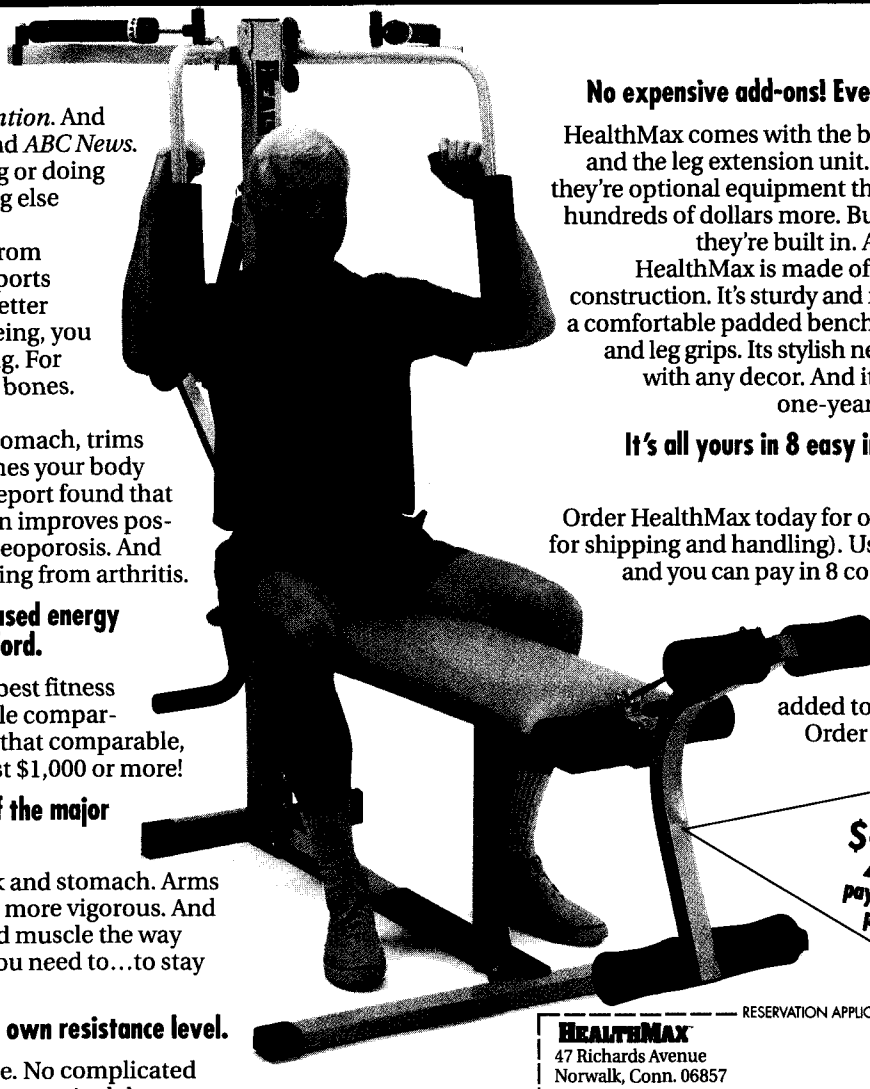

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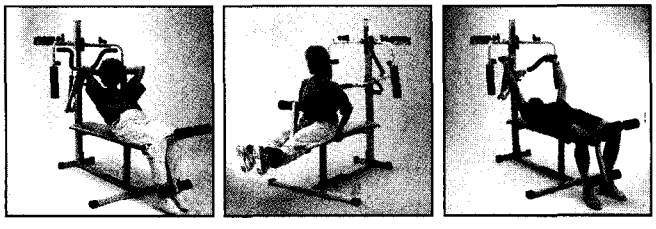

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health; much less having a forum people could write in and have their medical questions answered. Not everything is going to apply to everyone, of course, but does apply over all very well.

The current issue features those beautiful cat paintings by Meinrad Mayer and I think they're fantastic. They're even better because they're on framing paper. I would like to encourage you to do this more often. This was done off and on between 1976 and 1979 with many of Norman Rockwell's finest art. I always bought an extra copy of those issues for framing the art, and miss that type of issue.

I hope you will continue to take advantage of your archives. Nothing exemplifies "family values" like the covers of *The Saturday Evening Post.* Give us readers a chance to study their classic beauty and contemporary lessons they have to offer. Family values aren't something that are "in" or "out" like short skirts or long skirts; wide ties or thin ties.

In another year and a half Norman Rockwell would have been 100 years old. I'd love it, and so would everyone, if you'd do a beautiful tribute issue to him as only *The Saturday Evening Post* can do it. In any event keep the nostalgia coming. Our country wants it and needs it. Nobody has this unique magic except the *Post.*

Robert J. McGowan, Jr.
Van Nuys, California

Dit-dah-dit, etc.

The Sept./Oct. 1992 issue of *SEP* ran a feature story, "The Patient Who Couldn't Speak" by Dennis W. Ross, M.D.

This story is a delightful account of Dr. Ross' experiences as an amateur radio operator (HAM), and how his fluency with Morse Code (CW) communications enabled him to open a window of communication to an otherwise mute patient. He further elaborates on the uses of CW as an international language and its therapeutic applications as a hobby.

As a ham radio operator myself, I was immediately anxious to share the account with fellow members of our Anne Arundel Radio Club (Anne Arundel County, MD).

With your permission, therefore, I would like to send the story to our newsletter editor for reprint in our monthly newsletter. You can be assured that it will be reprinted with all credit given to *SEP* and to Dr. Ross.

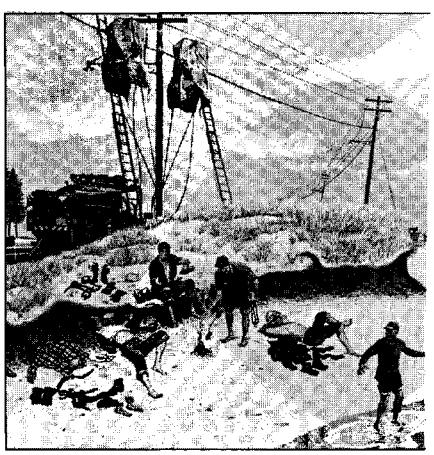
Thank you for your favorable consideration and early reply.

Paul J. Willing
Catonsville, Maryland

Editor's note: Our motto is, we've never met a HAM we didn't like. The Saturday Evening Post Society wants to help bedfast patients and deaf students enjoy amateur radio as a hobby. Dr. Ross and the Post *gladly grant you permission to reprint our article in your newsletter. Other HAMs are welcome to use it in their publications.*

On Reflection

Can you name this picture? Of course I can!

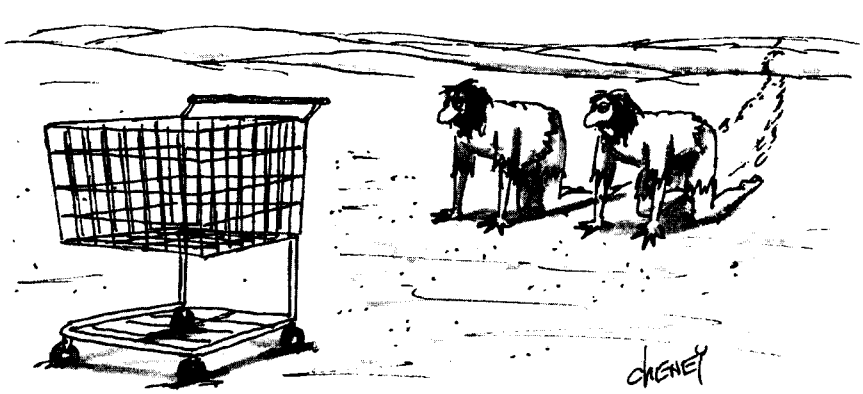


Your "Can You Name This Picture" contest in the July/Aug. 1992 issue of *The Saturday Evening Post* attracted my attention. I remember very well that this picture appeared on the front cover of *The Saturday Evening Post* August 10, 1957.

This scene must have taken place not too many months after Hurricane Hazel hit Myrtle Beach, South Carolina. The men in this painting are well known by me as well as is the exact location of their "lunch break." Also most unnoticeable in the right background still stood the elegant and classical Ocean Forest Hotel. This great landmark has since been imploded in the name of progress and stacked-up condominiums stand in its place.

Thanks for the reflection. Your magazine continues to remind me of "those good ole days."

Gene Anders
Myrtle Beach, South Carolina



"Don't get your hopes up . . . you know how far those things can wander."

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Post People

If you are a baseball fan you won't have to ask, who is ***Dave Dravecky***? You already know that he was the big league pitcher who pitched on League Championship and World Series teams. You also know that cancer took the deltoid muscle in his pitching arm in '88, and after his courageous comeback, cancer returned to claim not only his arm but his shoulder and collarbone.

Yes, Dave Dravecky has known suffering.

When You Can't Come Back is his book about it. His story, written with the help of his wife Jan and writer Ken Gire, is for everyone who questions how God can allow such suffering. "Any question that brings us to God for an answer is a good question," Dravecky writes. "I don't believe God gave me cancer, but I believe He allowed it. Why, I don't know. I do know that I used to be preoccupied with my own needs, now I am learning compassion for others."

Doctor's footnote: A few years ago, 50 percent of people with Dave Dravecky's type of cancer had to undergo amputation. Today, that number has dropped to 3 or 4 percent. ♜

The women on "Designing Women" all agree, "it's so nice to have a man around the set."

That man, of course, is ***Meshach Taylor*** (survivor of the lean years in Indianapolis and Chicago and the make-or-break move to LA, where he lived part-time in his 1973 Mercedes),

who plays the part of ex-con turned law student, and away from the camera has become the Rock of Gibraltar during the tempestuous scenes never seen.

Taylor's given name of Meshach is taken from the Biblical character who entered a fiery furnace. So if further fireworks explode on "Designing Women" this season, he says he will remain unfazed. "All I want to say about my name," he explains, "is that I like the metaphor." ♜

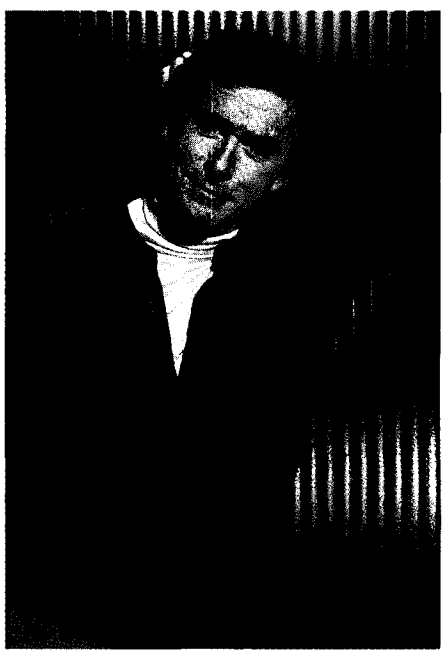
An ABC series debuting this fall will carry the one-word title "DELTA." But when that one word refers to ***Delta Burke***, one word is plenty.

As star of the show, she plays a hairdresser-turned-waitress trying to

make it as a country/western singer in Nashville.

"She's a belter; she uses the bottom of her voice, like Madonna," says Seth Riggs, her vocal coach. Although Burke has never sung professionally before, she's a natural, Riggs says, adding, "She's going to surprise a lot of people, including herself." ♜

His acting career established at age eight, ***Roddy McDowall*** was not long in establishing worldwide acclaim for his starring roles in such memorable films as "Lassie Come Home," "How Green Was My Valley," and "My Friend Flicka." And who can forget his roles in "The Longest Day," "Planet of the Apes," "Cleopatra," and "The Poseidon Adventure"? But along the way, unsure that he wanted to continue acting, he began dreaming of a career in photography.



Today, he has both careers. He is soon to be seen in the mini-series "Sands of Time," and his two classic photo books, *Double Exposure* and *Double Exposure—Take Two*, have also made him one of Hollywood's most admired photographers. A new release, *Double Exposure—Take Three*, is a compilation of 104 photos of celebrities with profiles written by other celebrities. Among the duos are Clint Eastwood by Arnold Schwarzenegger, Bob Hope by Ronald Reagan, Debbie Reynolds by Carrie Fisher, and James Galanos by Nancy Reagan.

The book also exposes the genius of Roddy McDowall behind as well as in front of the camera. ♜

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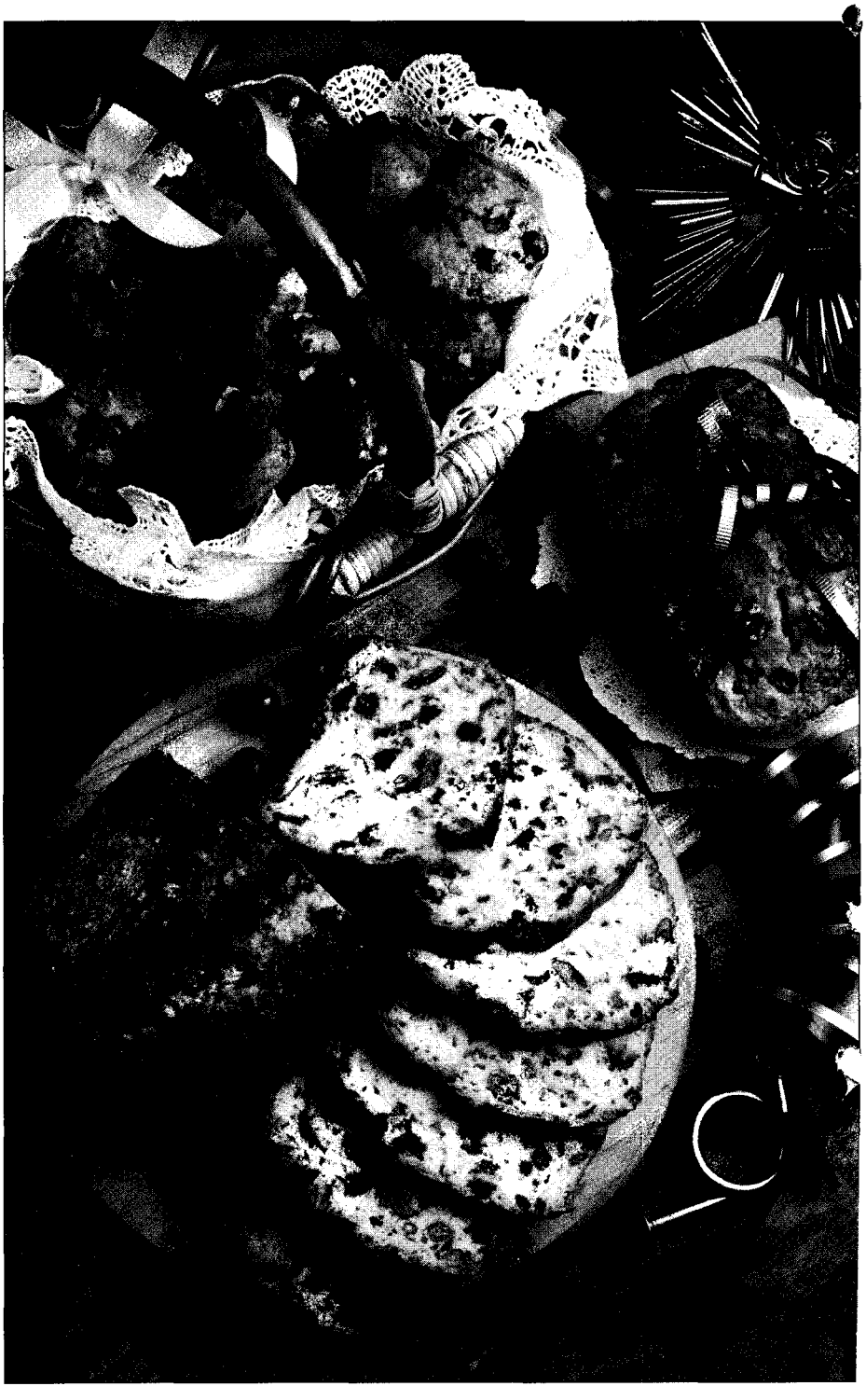
HEARTBEAT

The Healthy Heart Recipes

THE GIFT OF HOMEMADE BREADS

From the family kitchen to a friend's doorstep, home-baked bread is a thoughtful gift in the best of good taste.

by Ted Kreiter



Citrus lovers will be delighted with these fruit-flavored holiday breads. Gaily wrapped and hand-delivered by the thoughtful baker, homemade breads make a perfect gift for spreading holiday cheer. In addition to the irresistible flavor derived from real oranges, lemons, pineapples, and cranberries, they're also an excellent source of insoluble oat bran fiber that lowers cholesterol and helps to prevent heart disease.

Bake the breads and keep them in the freezer. Then simply wrap them in attractive paper, and your handmade gift is ready to deliver. Make extra loaves for yourself as well, to serve when guests drop in.

♥ ♥ ♥

Cranberry Fruit Bread
(Makes 1 loaf, 12 slices)

2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
1½ cups fresh cranberries, finely chopped
½ cup chopped walnuts
½ cup golden raisins
1 teaspoon grated orange peel
½ cup orange juice
½ cup honey
½ cup egg substitute
2 tablespoons safflower oil

Preheat oven to 350° F. Spray 9 x 5 inch loaf pan or 3 mini-loaf pans with non-caloric vegetable-based spray.

In large bowl, sift together flour, baking powder, and spices. Stir in cranberries, walnuts, raisins, and orange peel.

In another bowl, combine orange juice, honey, egg substitute, and oil until well blended. Stir orange juice mixture into flour mixture, just until

Cranberry Fruit Bread ▶

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HEARTBEAT

combined. Pour into prepared pan or pans. Bake about 55-60 minutes for large loaf or 30-35 minutes for the mini-loaves. Cool on wire rack 15 minutes before removing from pan.

Per Serving (1 slice, 1/12 loaf):
Calories: 228 Sodium: 74 mg
Protein: 7.5 gm Cholesterol: 0 mg
Fat: 5.9 gm Carbohydrate: 36.3
Diabetic exchanges: 1½ bread + 1 fruit + 1 fat

♥ ♥ ♥

Orange Oat Bran Bread

(Makes 1 loaf, 10-12 slices)

2 cups whole-wheat flour
⅔ cup oat bran
2½ teaspoons baking powder
½ teaspoon baking soda
1 cup orange juice
¼ cup egg substitute
2 tablespoons margarine, melted
¼ cup honey
⅓ cup chopped walnuts
¼ cup grated orange rind

Sift together flour, oat bran, baking powder, and baking soda. Combine orange juice, egg substitute, margarine, and honey until well blended. Add liquids to dry ingredients. Stir, not beat, until blended. Fold in nuts and orange rind.

Spray 9 x 5 x 3 inch loaf pan with non-caloric vegetable-based spray. Pour batter into pan. Bake at 325° F for 65-70 minutes or until done.

Per Serving (1 slice, 1/10 loaf):
Calories: 166 Sodium: 156 mg
Protein: 5.8 gm Cholesterol: 0 mg
Fat: 4.6 gm Carbohydrate: 25.3 gm
Fiber: 4.6 gm
Diabetic exchanges: 1½ bread + 1 fat

Be sure to include an easy-to-read file card copy of the recipe with each of your homemade gift loaves. This will save friends having to phone you for it later.

♥ ♥ ♥

Lemon Oat Bran Bread

(Makes 1 loaf, 12-15 slices)

2 cups whole-wheat flour
2 cups oat bran
1 teaspoon baking soda
3 teaspoons baking powder
½ teaspoon nutmeg
¼ cup egg substitute
⅓ cup honey
1 cup skim milk
¼ cup lemon juice
2 tablespoons grated lemon rind

Sift together flour, oat bran, baking soda, baking powder, and nutmeg. Combine egg substitute with honey, milk, and lemon juice. Add liquids to dry ingredients and stir together until blended. Fold in lemon rind.

Spray loaf pan with non-caloric vegetable-based spray. Pour batter into pan. Bake at 325° F for 60-65 minutes or until done.

Per Serving (1 slice, 1/12 loaf):
Calories: 170 Sodium: 143 mg
Protein: 7.0 gm Cholesterol: trace
Fat: 1.4 gm Carbohydrate: 32.3 g...
Fiber: 4.6 gm
Diabetic exchanges: 2 bread

♥ ♥ ♥

Pineapple Bread

(Makes 1 loaf, 10-12 slices)

2 tablespoons margarine, melted
¼ cup honey
¼ cup egg substitute
2 cups whole-wheat flour
3 teaspoons baking powder

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1 cup oat bran
1½ cups pineapple juice
⅓ cup chopped walnuts

Blend honey with melted margarine and egg substitute. Mix together flour, oat bran, and baking powder.

Add half dry ingredients to honey mixture and mix well. Add pineapple juice and mix in well. Combine remaining flour mixture with nuts and fold into batter, until well blended. Pour into 9 x 5 x 3 inch loaf pan that has been sprayed with non-caloric vegetable-based spray. Bake at 325° F for 1¼ hours.

Per Serving (1 slice, 1/10 loaf):
Calories: 210 Sodium: 101 mg
Protein: 6.3 gm Cholesterol: 0 mg
Fat: 4.8 gm Carbohydrate: 35.5 gm
Fiber: 5 gm
Diabetic exchanges: 2 bread + 1 fat

♥ ♥ ♥

Poppy Seed Onion Rye Bread
(Makes 3 loaves, 10-12 slices each)

¼ cup poppy seeds
1 cup hot water
3 packages dry yeast
2 cups warm water
¼ cup sugar
4½ cups all-purpose flour
2 cups bread flour
2 cups rye flour
½ cup egg substitute
3 tablespoons polyunsaturated margarine, melted
½ cup chopped onion
1 tablespoon minced garlic

Combine poppy seeds with hot water and set aside about 1 hour to soften. In large bowl of electric mixer combine yeast, warm water, and sugar. Let yeast develop 10-15 minutes. To yeast add 2 cups all-purpose flour, 1 cup bread flour, the rye flour, egg substitute, poppy seeds (drained), onion, garlic, and margarine. Beat until well mixed and smooth. Mix in the additional cup of bread flour and 1 cup of the all-purpose flour. Add the additional all-purpose flour with a spoon and mix until a soft dough forms.

Turn onto lightly floured board, knead until smooth and elastic, adding additional flour only if necessary. Knead 8-10 minutes. Place in a bowl sprayed with a non-caloric, vegetable-based spray and cover, then let rise until doubled, about 1 hour.

Punch down dough and divide into three pieces. Reshape into three loaves, and place in small pans. Let rise again until doubled.

Bake at 350° F for 45-55 minutes until crust is golden brown.

Per serving (1 slice, 1/10 loaf):
Calories: 159 Sodium: 15 mg
Protein: 5.3 gm Cholesterol: 0 mg
Fat: 1.9 gm Carbohydrate: 30.2 gm
Diabetic exchanges: 2 bread

♥ ♥ ♥

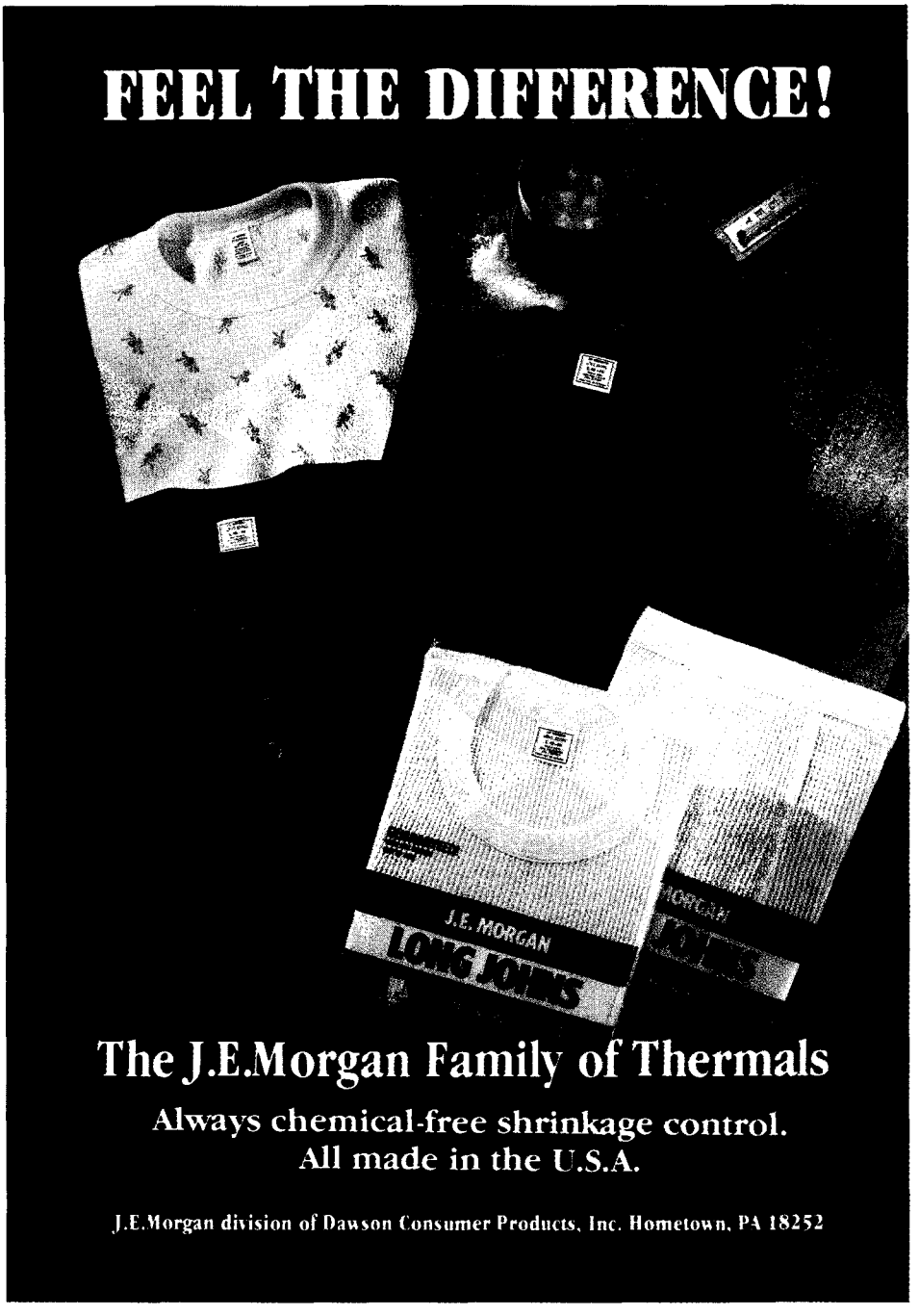
Orange Yeast Bread
(Makes 1 loaf, 10-12 slices)

1 package yeast
¼ cup warm water (120° F)
1 tablespoon sugar
¾ cup orange juice
1 tablespoon margarine
⅓ cup honey
1½ cups bread flour
1½ cups whole-wheat flour
3 tablespoons orange rind, grated

Combine yeast, sugar, and warm water and let stand about 10-15 minutes until yeast begins to develop. Heat orange juice to lukewarm and carefully add yeast mixture.

Add remaining ingredients, except orange rind, to liquid and blend well. Beat mixture until texture is elastic and firm. Set aside and let rise until doubled in bulk.

continued on page 36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LET'S DO LUNCH

The Random House Unabridged offers 57 definitions for the word "do," but are we still overdoing it?

by Wen Smith

Illustrated by Don Trawin

I had just started to do my taxes when my old friend Fred called. He had moved into town and looked up my number. We exchanged five-year résumés and agreed we'd have to get together. Fred said, "Give me a call, and we'll do lunch."

I said okay, but I wasn't sure what I was getting into. The word *do* worried me.

"If I do lunch," I asked my wife, "does that mean I have to do dishes?"

"Please do," she said. She agreed to do the salad.

I explained that Fred hadn't said "*have* lunch" or "*eat* lunch." His "Let's *do* lunch" had made it sound like a major production, a bit of a chore. As the house-cleaning service people say, "We don't *do* windows."

My wife didn't know how "*have* lunch" or "*eat* lunch" had slipped into "*do* lunch," but she was sure it was connected with duty.

"It just means work to me," she said. "You *do* lunch in the kitchen, but you *eat* lunch at the table."

I knew the "*do duty*" sound-alike wasn't enough to build a dictionary on, but it had possibilities. The word *do* even has overtones of "The Charge of the Light Brigade": "Theirs not to reason why; theirs but to *do* and die."

My wife traced it from the world of Sassoon. She put "*do* lunch" in a class with "*do* your hair" and "*do* your nails."

"Maybe '*do* lunch' came out of the drug culture," I said, "as in '*do* drugs.'"

"Perhaps what Fred has in mind is a power lunch," my wife said. "Didn't he used to be a corporation executive?"

Not being of the corporate world, I've never done a power lunch. I suppose it's a matter of do lunch unto them before they do lunch unto you. My dad always used to say, "What can I *do* you for?"

I imagined Lady Macbeth planning lunch. It seemed to me if it were done when 'tis done, then 'twere well it were done lightly. Surely a friendly lunch wasn't anything to make a big to-do over.

We looked into the big Random House unabridged and found 57 definitions for *do*. None of those 57 varieties quite explains "*do* lunch."

And the dictionary doesn't do right by *do*. The word certainly isn't limited to 57 definitions. It often stands for almost any other verb in the language, so it has thousands of meanings. *Do* this, *do* that, *do* as I say. Of course, the more definitions a word has, the less it means.

"Sometimes," my wife said, "it means so much more than we're aware of meaning when we say it.' She remembered saying, "I *do*."

With an emphatic *do* we try to make people think we mean what we say, as in "We *do* have to go now" or "I *do* see your point."

Mostly the word means perform, as in "*do* a good turn" or "*do* the hokey pokey" or "*do* wonders."

"Or it means *suffice*," my wife said "as in 'That will *do*' or 'A little dab'll *do* ya.'"

"It's a swear word," I said. "Hand on the book, we solemnly swear '*do*.'" It occurred to me that the court *do* justice, and convicts *do* time.

"Guess I'll call Fred and tell him can't *do* lunch until I'm sure what *do* means."

"Speaking of *do*," my wife said "Why don't we do Europe next summer?"

"Let's do," I said.

After that I went back to the tax returns to see whether I could do the IRS for some refund. Instead, it looks as if I may have to do windows. And as for Europe, I'm afraid my wife will have to . . . do without.

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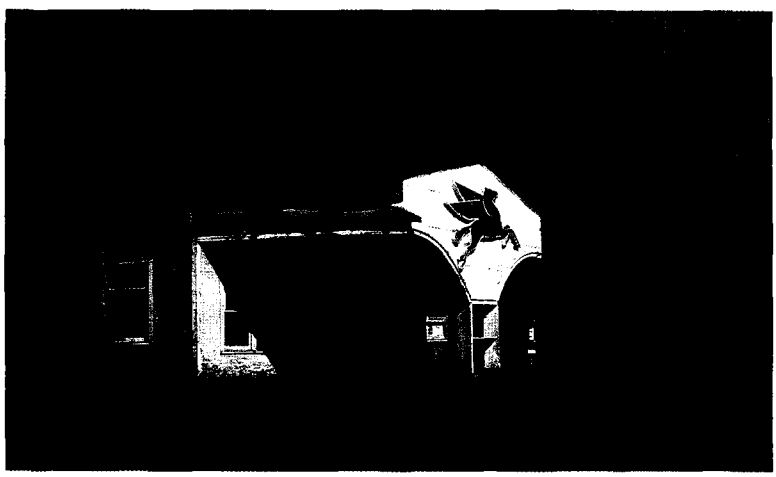

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KEEPING COLDS AT ARM'S LENGTH

A cure for flu and the common cold? Not yet, but thanks to medical research we now know more about how to avoid them.

by Maynard Good Stoddard

Illustration by J.C. Leyendecker

"Don't get too close, I've got a cold."

"How'd you get it?"

"I have no idea."

Isn't that the truth! Despite scientific research that advances the understanding of the common cold and flu, we still know very little about these illnesses that annually cost Americans $10 billion in lost wages and 106 million missed school days. Add to those figures the money spent for possibly unnecessary doctor's visits and days lost at work, and it might be worth our while to look into some of those advances from cold and flu research.

If you don't get too close, I'll review them with you. . . .

Colds, scientifically described as viral infections of the respiratory tract, involve nasal congestion, head and chest congestion, runny nose, sneezing, cough, sore throat, muscle aches, headaches . . . but enough already (enough to make you sick, anyway). Let's just say that a cold is not a pleasant thing. What we actually *know* about the unpleasantness, however, can make the colds season more bearable. It's what we *think* we know about colds and the "flu bug" that can worsen the afflictions.

A recent poll concluded that a majority of people still believe in the old-wives'-tale methods of cold transmission.

The prevailing theory held by the common man is that he can catch the common cold by kissing an infected person. Kissing, however, is a very inefficient way of passing along colds because, of the 20 or so strains of cold viruses, one-third are caused by a family of bugs known as rhinoviruses. They don't thrive well in the mouth's environment and prefer to set up shop by entering the moist nasal mucous membranes.

So much for how viruses are *not* passed along. Of more importance to the poor soul on the threshold of coughing up his tonsils is how they *are* passed along. Perhaps he can then sidestep the next batch of germs.

Today, as when this 1930 illustration first appeared, school-age children are champion colds-catchers. What's different? The family doctor is less likely to make a house call.

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Scientific evidence supports two theories: the "hand contact" and the "aerosol." As with any virus, if the infected person doesn't know how he g[illegible] the illness, he can't very well keep it to himself and avoid passing it along to others.

The hand-contact theory goes like this: The viruses, which thrive in the mucous lining of the nasal passages and in the tear ducts, are transmitted when an infected person touches his nose or rubs his eyes, then touches the hand of an uninfected person, who then touches his own nose or eye. The virus can live for some time on inanimate objects, such as doorknobs, steering wheels, and slot machine handles.

The aerosol theory, on the other hand, refers to particles containing the viruses that are released by a sneezing or coughing victim that then are picked up by an uninfected person who only stopped by to say, "Hi, how are you?"

It follows, therefore, that the most effective ways to stop transmission of a cold or flu are to wash the hands often with soap and water, and to cover the mouth with tissues when coughing and sneezing, discarding the tissue afterward. Also, decontaminate such surfaces as doorknobs, telephones, and countertops with a disinfectant like Lysol or hydrogen peroxide.

A majority of prospective cold and flu victims are still wrapped up in the old "inadequate dressing in cold weather" theory. Not bundling up, drafts, standing by an air conditioner, have not found support as the cause of colds. Common colds and flu are caused by *viruses*, and can be contracted only by coming into contact with the virus. Period.

How does extreme temperature grab you as a means of getting the bug? Well, let it go, because you don't get that persistent summer cold by going from an air-conditioned office into 95-degree heat outside. Sorry to have to tell you this.

Can you catch a cold from an infected person only when that person's symptoms are evident? Many think so. Others believe we contract the virus only *before* the symptoms begin showing. The truth is, we are most at risk just before symptoms are evident and just after they appear.

Although colds and flu can be transmitted year-round, fall and winter have the greatest incidence because people spend more time indoors with greater exposure to infected persons. Thus it is that December happens to be the peak month for colds and flu. Merry Christmas and Happy New Year indeed!

The common cold causes more illness in children than all other diseases combined (averaging 6 to 10 a year per child, compared to 2.5 for adults). So, it isn't a coincidence that the incidence of colds skyrockets in October, just after school days begin. Children coming together in close quarters after summer vacation bring with them, in addition to a new set of crayons, a lot of different viruses. And a lot of previously uninfected children soon come home with more than a report card or a note from the teacher saying, "Your kid done good."

Many factors influence a person's susceptibility to a particular cold virus. Age, genetics, cigarette smoking, intensity and duration of exposure, stress, and whether you've developed antibodies to that particular virus, all play a part in your personal vulnerability to colds.

Let's say we have shaken hands with the wrong person or been on the receiving end of a contaminated cough or sneeze and we have joined the ranks of the snifflers. What's to be done about it? The good news is, the cold-and-flu-relieving people have come a long way since the days of crocodile dung and pine sawdust remedies. Thank heavens.

Many Americans believe that doctor-prescribed antibiotics can help us get over the flu. Wrong. The vast majority of respiratory viruses can't be touched by antibiotics. So save your bucks. Simple over-the-counter medications will most often relieve the symptoms. (If the conditions persist, however, *then* see your doctor.) But don't try juggling four different drugs for four different parts of your respiratory system when a single combination drug will be as effective (and less expensive—by about 25 percent). If the cold lasts for weeks, you actually may have sinusitis in which case antibiotics may be needed.

The problem is, you have some 300,000 over-the-counter products to choose from. Matching the right product to your symptoms is therefore no

continued on page 36

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The Healthy Heart Report

HOLIDAY BRUNCH

Not too early and not too late, a festive midday celebration is a welcome break from tradition.

by Patti Olson

What time's the party?

It can be any time, during the holiday season. Early or late.

But for some of us who are interested in physical fitness, good health, and well-being, early is *better* than late. We're not eager to stay up past our regular bedtimes, eating more calorie-crammed food than usual. And if we live where Christmas weather varies from unpredictable to awful, we're also not eager to make after-dark drives in snow or on icy roads.

Solution: A celebration not too early or too late—brunch!

There's no reason why a late morning party can't be just as festive as an evening one. Break out the best linens and crystal. Splurge on fresh flowers and greenery. If it's dreary outside, close the curtains and let the indoors sparkle with burning candles and Christmas tree lights.

Plan to place all the food on a buffet table, with perhaps a cold beverage served from a punch bowl at one end, and a hot beverage from a thermal carafe at the other. Let guests help themselves. If your house is large enough, it's nice to provide small tables where four or six persons can eat, seated. Otherwise, provide tray tables at strategic locations and let your guests circulate, plate and cup in hand. They'll talk to more people that way, and possibly have more fun.

What to serve at a holiday brunch buffet? With your friends in mind, keep the menu light and healthy. Low-fat, high-fiber foods not only fit the bill for a midmorning meal, they also won't weigh guests down and send them looking for a place to slip in a siesta. Fresh from the *Post* kitchens, here are some recipe suggestions for your holiday buffet brunch.

♥ ♥ ♥

Fruitcake Waffles

(Makes 20 rounds or 3 large)

¾ cup all-purpose flour
¾ cup whole-wheat flour
1½ tablespoons baking powder
½ teaspoon baking soda
½ teaspoon unsweetened cocoa powder
½ teaspoon ground cloves
½ teaspoon ground cinnamon
¾ teaspoon ground nutmeg
½ cup egg substitute
1 cup buttermilk

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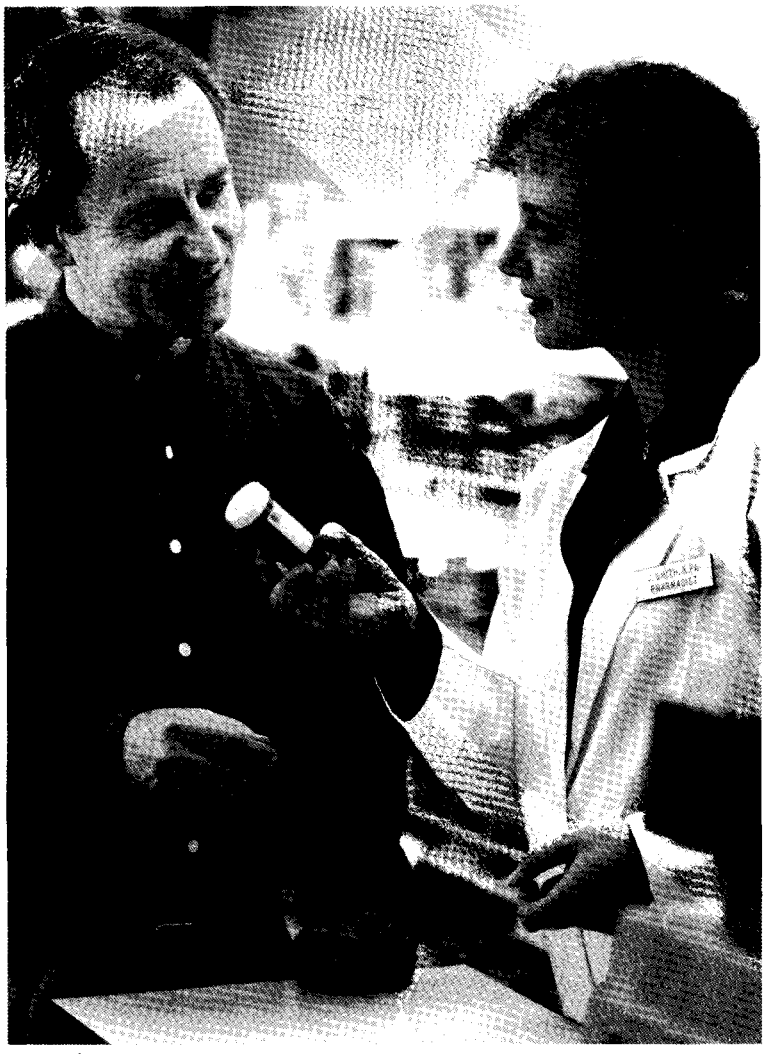

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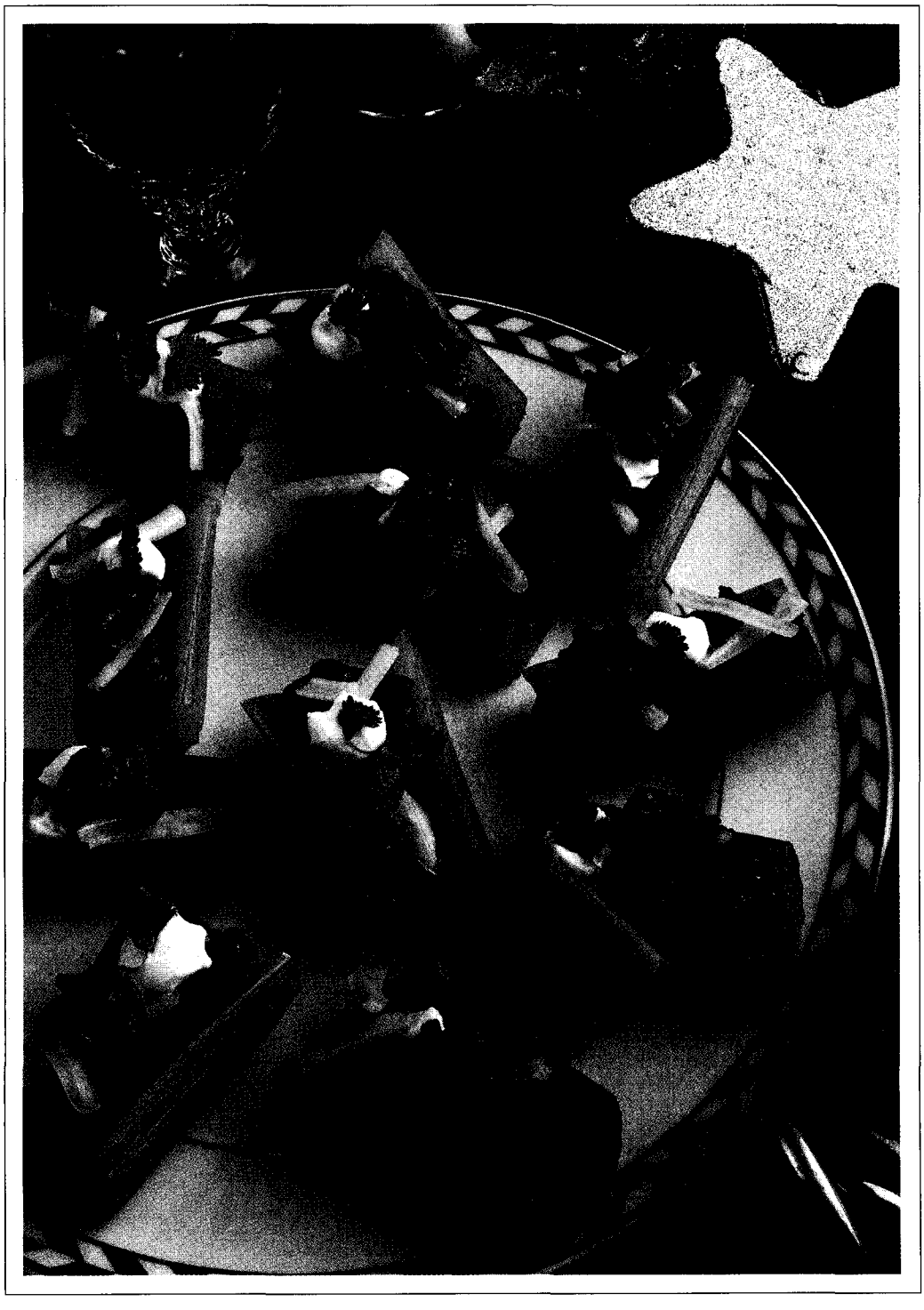
FOOD

THE PARTY'S ON!

Don't take our word for it. Try these healthy holiday suggestions at your next get-together.

by Patrick Perry



Remember when party appetizers always included a bowl of salty potato chips alongside heavy cream dip?

Over the past couple of decades, we've become more health conscious. Today's party-goers watch calories, cholesterol levels, and fat intake, so hosts are often stumped on what to serve guests at that special holiday party.

Nibbles and noshes don't have to be doused in fat to be delicious. A vegetable tray now sits where chips used to be, and yogurt has edged out cream cheese in the dip bowl. But good taste still rules the roost. Don't take our word for it. Try these healthy holiday suggestions at your next get-together.

Pamper your guests with tasteful, easy-to-prepare finger foods. Everyone loves tacos, and Celery Tacos feature lightly-seasoned ground turkey topped with Monterey Jack cheese and salsa, cradled in celery and served hot. Herbed Yogurt Cheese, made from nonfat yogurt seasoned with dill, garlic, and onion, is the perfect companion for raw vegetables or low-calorie crackers. Friends will welcome Cajun Marinated Shrimp on any appetizer table—large shrimp tossed in lime juice and delicately spiced with garlic, red pepper, and thyme.

Keep it simple and light—a toast to your friends' enduring good health.

CELERY TACOS

(Makes about 24 appetizers)

6 large celery ribs
8 ounces lean ground turkey
1 tablespoon taco seasoning mix or chili powder
½ cup (2 ounces) low-fat shredded Monterey Jack cheese
½ cup prepared salsa
½ cup light sour cream
Cilantro sprigs

Preheat oven to 325° F. Grease or spray shallow bak

◀ *Celery Tacos*

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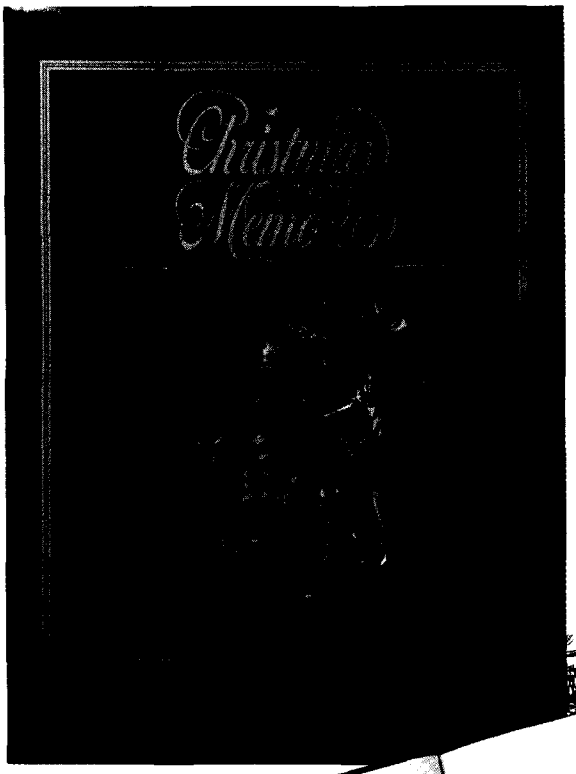

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ing pan with nonstick cooking spray; set aside. Trim root ends from celery and remove leaves. Using vegetable peeler, lightly peel celery to remove any strings. In bowl, combine turkey and taco seasoning; press mixture into celery; place on prepared pan. Bake until turkey is cooked, about 15 minutes. Top turkey with shredded cheese; bake until cheese begins to melt, about 1 minute; cool slightly. Cut celery into 1½-inch pieces. Serve immediately topped with salsa, light sour cream, and cilantro sprigs; or cover and refrigerate until ready to serve, then reheat in microwave until hot.

Per Serving (each appetizer):
Calories: 34 Sodium: 72 mg
Protein: 2.8 gm Cholesterol: 12 mg
Fat: 2.2 gm Carbohydrate: 0.9 gm
Diabetic exchange: ½ meat

Herbed Yogurt Cheese
(Makes 1 cup)

2 containers (8 ounces each) plain nonfat yogurt
¼ cup reduced-calorie mayonnaise
1 tablespoon dill weed, crushed
¾ teaspoon garlic powder
¾ teaspoon onion powder
⅛ teaspoon ground black pepper
⅛ teaspoon salt (optional)

Line large strainer with 20 x 18-inch double thickness piece of cheesecloth; place strainer over large bowl; set aside. In another bowl, combine yogurt, mayonnaise, dill, garlic and onion powders, and black pepper. Spoon mixture into prepared strainer. Pull up corners of cheesecloth; twist corners together so yogurt mixture is completely covered with cheesecloth; place in refrigerator until liquid has drained into bowl and yogurt is of spreadable consistency, about 24 hours. To serve: Remove Herbed Yogurt Cheese from cheesecloth; place in small bowl; discard cheesecloth and accumulated liquid. Serve Herbed Yogurt Cheese with raw vegetables or low-calorie crackers.

Per Serving (1 tablespoon):
Calories: 16 Sodium: 66 mg
Protein: 1.4 gm Chol.: 1.4 mg
Fat: trace Carb.: 2.6 gm
Diabetic exchange: "Free" List

Cajun Marinated Shrimp
(Makes 18-20 appetizers)

1 pound extra large shrimp (18-20 per pound), shelled and deveined
1 tablespoon lime juice
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon thyme leaves, crushed
¼ teaspoon salt (optional)
⅛ to ¼ teaspoon ground red pepper
⅛ teaspoon ground black pepper

In medium bowl, toss shrimp with lime juice. In custard cup, combine garlic and onion powders, thyme, and red and black peppers. Sprinkle spice mixture over shrimp; stir to coat shrimp evenly. Spray large skillet with nonstick cooking spray; heat until hot. Add shrimp; cook and stir until shrimp are pink, about 3 minutes. Place shrimp

◀ *Cajun Marinated Shrimp*

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in serving bowl; cover and refrigerate until cold, about 1 hour. Just before serving garnish with lime wedges, if desired. This recipe may be doubled.

Per Serving (1 shrimp):
Calories: 27 Sodium: 38 mg
Protein: 5.0 gm Cholesterol: 38 mg
Fat: 0.4 gm Carbohydrate: 0.4 gm
Diabetic exchanges: ½ low-fat meat (but high in cholesterol)

Tuna Vegetable Bites
(Makes about 8 slices)

¼ teaspoon low-sodium Worcestershire sauce
1 teaspoon lemon juice
¼ teaspoon garlic powder
2 teaspoons dried parsley flakes
4 teaspoons non-fat mayonnaise
⅓ cup well-drained, water-packed tuna
1 small (about 4-6 inches long) zucchini
2 teaspoons grated Parmesan cheese

Combine seasonings with no-fat mayonnaise and mix well. Stir in tuna. Cut zucchini into slices about ½-inch thick. Spread tuna mixture onto slices and top with Parmesan cheese.

Per Serving (1 slice):
Calories: 18 Sodium: 88 mg
Protein: 2.8 gm Cholesterol: 5 mg
Fat: 0.3 gm Carbohydrate: 1.1 gm
Diabetic exchanges: 3 slices = 1 low-fat meat

Baked Spinach Fondue
(Makes 12 servings)

7 slices white bread
2 tablespoons margarine
¾ cup egg substitute
1½ cups skim milk
1 10-ounce package frozen chopped spinach, thawed
2 tablespoons minced onion
1 cup (4 ounces) grated low-fat cheddar cheese
1 tablespoon lemon juice
¼ teaspoon cayenne pepper
½ teaspoon Tabasco sauce

Spread the bread with margarine after removing crusts. Place 4 slices in a baking dish. Cut the other 3 slices into 3 equal strips each and set aside.

Blend the egg substitute and milk together, then pour ½ cup of this mixture over the bread in the baking dish and save the rest.

Combine the thawed spinach, onion, low-fat cheese, lemon juice and spices. Spread over the bread in the baking dish. Arrange the 9 strips of bread in a wheel pattern or any pattern desired. Pour the rest of the milk mixture over the casserole and refrigerate for ½ hour.

Bake at 350° F for 50-60 minutes until the top layer has puffed and browned.

Per Serving (2 x 3 inch piece):
Calories: 103 Sodium: 205 mg
Protein: 7.5 gm Cholesterol: 7 mg
Fat: 3.3 gm Carbohydrate: 10.7 gm
Diabetic exchanges: 1 bread + 1 low-fat meat

Double-Cheese Stuffed Celery
(Makes about 30 pieces)

1 bunch celery
4 ounces bleu cheese
1 small package light cream cheese
3 tablespoons no-fat mayonnaise
1 teaspoon low-sodium soy sauce
1 teaspoon minced onion
Paprika

Clean celery, leaving small pieces with leaves on, and cutting larger pieces into 2-inch lengths.

Blend cheeses with no-fat mayonnaise, low-sodium soy sauce, and onion, using fork or food processor.

Place mixture in pastry bag fitted with rosette tip, and pipe onto celery pieces. Sprinkle lightly with paprika.

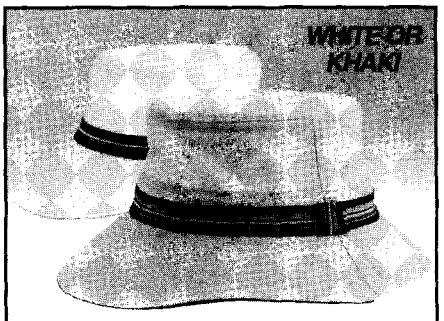
Per Serving (1 piece):
Calories: 29 Sodium: 102 mg
Protein: 1.3 gm Cholesterol: 7 mg
Fat: 1.7 gm Carbohydrate: 1.8 gm
Diabetic exchanges: ½ fat

Cheese Nibbles
(Makes 60 appetizers)

½ cup margarine, softened
½ cup shredded part-skim mozzarella cheese
½ cup shredded low-fat cheddar cheese
½ teaspoon Worcestershire sauce
1 cup whole-wheat flour
1 cup rice bran or crisp rice cereal
¼ cup water

Stir together margarine, mozzarella cheese, cheddar cheese, Worcestershire sauce, and water. Add flour and rice cereal. Stir thoroughly. Roll dough into 60 marble-sized pieces. Place on baking sheet and bake at 350° for 8 to 10 minutes. Cool slightly on baking sheet before removing.

Per Serving (1 Nibble):
Calories: 21 Sodium: 36 mg
Protein: 0.8 gm Cholesterol: 1.2 mg
Fat: 1.2 gm Carbohydrate: 1.9 gm
Diabetic exchanges: 1 fat



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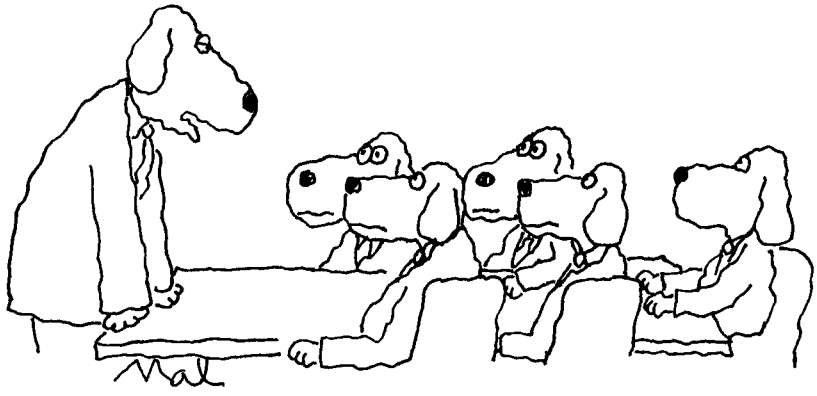
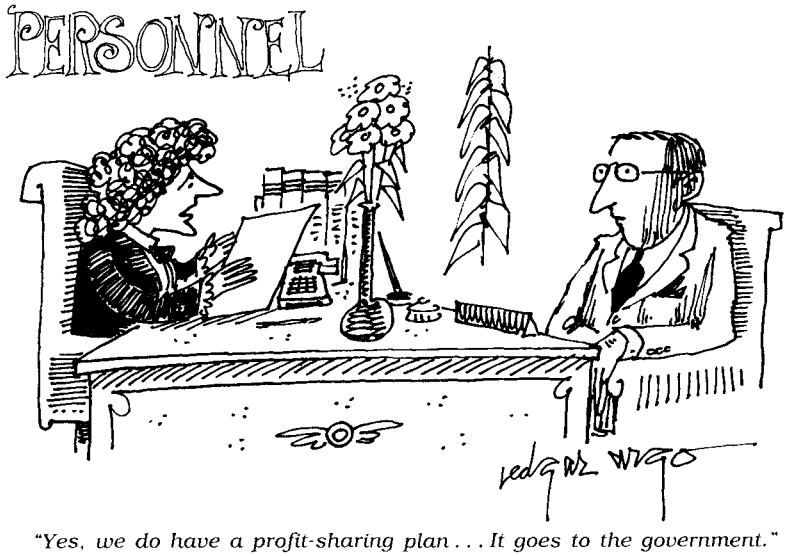
GOVERNMENTAL GRAY AREAS



"Gentlemen—as you may have guessed—we've been asked to form a watchdog committee."



"Yes, we do have a profit-sharing plan . . . It goes to the government."

"Why, yes, you are in the right office . . . who told you how to get here?"

Holiday Brunch

continued from page 24

½ cup honey
¼ cup margarine, melted and cooled slightly
½ teaspoon vanilla extract
½ teaspoon almond extract
1 tablespoon dark molasses
1 teaspoon grated lemon rind
¼ cup golden raisins
½ cup walnuts
¾ cup fruitcake mix or mixed dried fruit

Spray waffle iron with non-caloric vegetable-based spray. Preheat.

In medium-size bowl, sift together flours, baking powder, baking soda, cocoa, and spices. In another bowl, beat together egg substitute, buttermilk, honey, margarine, extracts, and molasses. Gradually stir in flour mixture. Beat until batter is smooth. Stir in lemon rind, raisins, nuts, and fruit mix.

Pour enough batter to fill two-thirds of waffle iron. Cook until crisp and golden brown. Cooked waffles may be kept in 250° F oven until ready to serve.

If desired, cut waffles into 2-inch rounds with cookie cutter. Serve with Orange Sauce.

Orange Sauce:
½ cup orange juice
3 tablespoons powdered sugar
1 teaspoon grated orange peel

Combine all ingredients. Blend together well. Use 1½ teaspoon per waffle round.

Per Serving (1 2-inch round):
Calories: 144 Sodium: 148 mg
Protein: 2.9 gm Cholesterol: trace
Fat: 3.3 gm Carbohydrate: 25.5 gm
Diabetic exchange for 1 round: ½ bread + 1 fruit + 1 fat

♥ ♥ ♥

Hot Lemon Ginger Drink
(Makes 3 6-ounce cups)

2 cups gingerale
¼ cup lemon juice

Heat lemon juice and gingerale in small pan until thoroughly warmed Serve warm.

Per Serving (6 ounces):
Calories: 69 Sodium: 23 mg
Protein: 0 gm Cholesterol: 0 mg
Fat: 0 gm Carbohydrate: 17.0 gm
For diabetics, use diet gingerale. Final beverage will be about 5 calories or a "Free List" item if diet gingerale is used.

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50 Beloved Songs of Faith

By Special Arrangement With Reader's Digest

By special arrangement with Reader's Digest and America's leading record companies we proudly present one of the most beautiful and needed music treasuries ever made. Yes! You get 50 of America's favorite stars and groups singing your all-time favorite songs of faith.

Your spirits will soar as you hear each of these famous stars sing of the joy and comfort they've found in God's love. Every song is a cherished favorite and every performer is one you know and love. Just read the list of classic hymns and gospel songs below.

It Is No Secret
Jim Reeves

Bless This House
Perry Como

In The Garden
Loretta Lynn

Take My Hand, Precious Lord
Eddy Arnold

Wings Of A Dove
Dolly Parton

I Love To Tell The Story
Pat Boone

Me and Jesus
Tammy Wynette & George Jones

Abide With Me
Don Hustad Chorale

He Touched Me
Bill Gaither Trio

Nearer My God To Thee
Jack Halloran Male Chorus

Great Speckled Bird
Roy Acuff

I'll Fly Away
Charley Pride

Standing On The Promises
Johnson Family

Church In The Wildwood
Mike Curb Congregation

When They Ring Those Golden Bells
David Houston

Lily Of The Valley
Wayne Newton

Blessed Assurance
George Beverly Shea

In The Sweet By and By
Johnny Cash

Amazing Grace
Willie Nelson

One Day At A Time
Cristy Lane

May The Good Lord Bless And Keep You
Kate Smith

Sweet Hour Of Prayer
Jim Nabors

The Bible Tells Me So
Roy Rogers and Dale Evans

When The Roll Is Called Up Yonder
Marty Robbins

The Family That Prays
Porter Wagoner

I Need Thee Every Hour
Scott Singers

What A Friend We Have In Jesus
Norma Zimmer & Jim Roberts

Precious Memories
Jimmy Dean

Beautiful Isle of Somewhere
The Three Suns

How Great Thou Art
Jim Roberts

Brighten The Corner
Anita Kerr

Rock Of Ages
B.J. Thomas

Old Rugged Cross
Ray Price

Family Bible
George Jones

Jesus Loves Me
Tennessee Ernie Ford

Peace In The Valley
Floyd Cramer

Will The Circle Be Unbroken
The Carter Family

Beyond The Sunset
Red Foley

Crying In The Chapel
Elvis Presley

I Saw The Light
Hank Williams, Sr.

Jesus Is Coming Soon
Oak Ridge Boys

Softly and Tenderly
Guy & Raina

A Beautiful Life
Statler Brothers

Swing Low, Sweet Chariot
Doris Ackers

Whispering Hope
The Browns

Someone To Care
Jimmie Davis

Bringing In The Sheaves
Burl Ives

Help Me
Larry Gatlin

Just A Closer Walk With Thee
Anita Bryant

The Lord's Prayer
Mormon Tabernacle Choir

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♥ ♥ ♥

Key Lime Waffles

(Makes 8 2-section servings)

1½ cups flour
1 tablespoon baking powder
½ teaspoon baking soda
¼ cup skim milk
¼ cup sweetened condensed milk
½ cup fresh lime juice
½ teaspoon vanilla extract
¼ cup egg substitute
2 egg whites
2 tablespoons polyunsaturated oil
1 tablespoon grated lime rind

Preheat waffle iron. Sift together flour, baking powder, and baking soda. In large bowl, beat together milks, lime juice, vanilla, egg substitute, and oil until blended. Stir in flour mixture and beat until smooth. Fold in lime rind.

In small bowl, beat egg whites until soft peaks form. Fold into batter. Ladle batter into waffle iron and bake until done.

Per Serving:
Calories: 173 Sodium: 215 mg
Protein: 5.3 gm Cholesterol: 3 mg
Fat: 4.6 gm Carbohydrate: 27.7 gm
Diabetic exchanges: 1 bread + 1 fruit + 1 fat

♥ ♥ ♥

Orange Brunch Shortcake

(Makes 12¾-1 cup servings)

1 cup flour
1 cup whole-wheat flour
3 teaspoons baking powder
2 tablespoons honey
3 tablespoons margarine
¾ cup skim milk

Topping:
1 cup orange juice
½ cup honey
¼ cup grated orange rind
6 oranges

Sift flours and baking powder together. Cut honey and margarine into dry ingredients with two knives or pastry cutter, until the consistency of cornmeal. Add milk and mix well. Place on lightly floured board and knead lightly. Divide dough in half, and pat each half into an 8-inch cake pan that has been sprayed with non-caloric vegetable-based spray. Bake at 375° F for 20 minutes or until done.

Combine orange juice, honey, and orange rind. Heat mixture to boiling. Peel oranges and section them. Arrange half the orange sections on one baked shortcake, top with other shortcake and remaining oranges. Pour sauce over top of shortcake and serve.

Per Serving:
Calories: 192 Sodium: 93 mg
Protein: 3.8 gm Cholesterol: trace
Fat: 2.1 gm Carbohydrate: 39.6 gm
Fiber: 2.9 gm
Diabetic exchanges: 1½ bread + 1 fruit + ½ fat

♥ ♥ ♥

Light Lemon Waffles

(Makes 6 2-section servings)

1 cup flour
1 tablespoon baking powder
½ cup sweetened condensed milk
¼ cup skim milk
¼ cup egg substitute
¼ teaspoon vanilla extract
1 tablespoon vegetable oil
¾ cup lemon juice
¼ cup grated lemon rind
3 egg whites

Preheat waffle iron. Sift together flour and baking powder. In large bowl, beat together milks, egg substitute, vanilla, vegetable oil, and lemon juice. Stir in flour mixture and beat until smooth. Stir in lemon rind.

In small bowl, beat egg whites until soft peaks are formed. Fold into batter. Ladle batter into waffle iron and bake until done.

Per Serving:
Calories: 219 Sodium: 242 mg
Protein: 7.5 gm Cholesterol: 9 mg
Fat: 4.8 gm Carbohydrate: 36.2 gm
Diabetic exchanges: 1 bread + 1½ fruit + 1 fat

♥ ♥ ♥

Turkey Quiche

(Makes 8 servings)

½ cup polyunsaturated oil
2 tablespoons ice water
1 cup all-purpose flour
3 slices turkey bacon, cooked and drained
½ cup frozen mixed vegetables
½ cup chopped onion
1 tablespoon flour
1 cup (4 ounces) low-fat Swiss cheese, grated
¼ teaspoon garlic powder
½ cup egg substitute
½ cup skim milk
¾ cup cooked, diced turkey

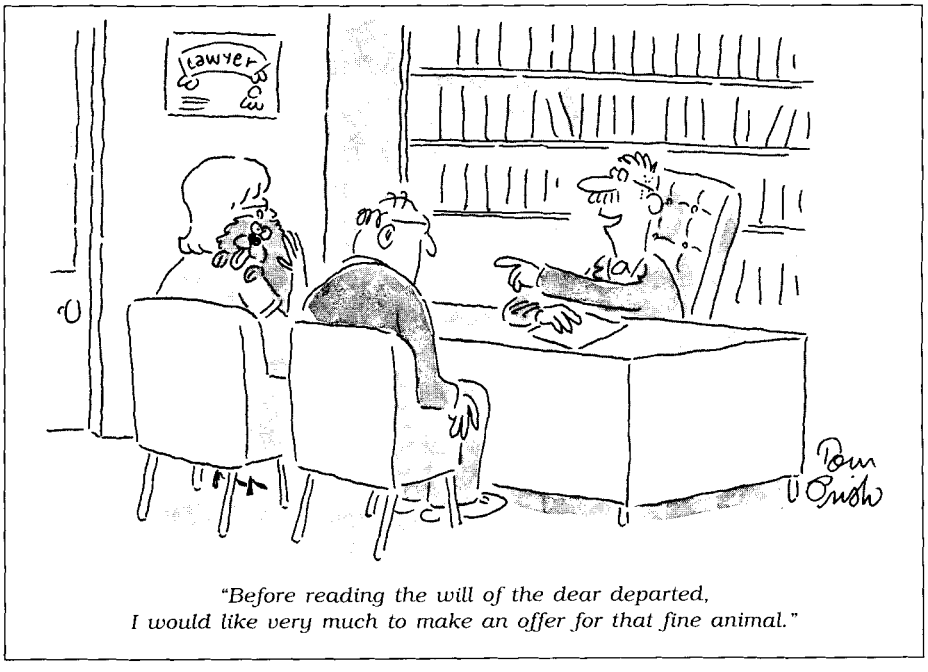
Combine oil and ice water, then pou onto flour and toss or blend with fork When it is dough consistency, roll ou between two sheets of waxed paper Place in pie pan and bake 6-8 minute at 425° F. Remove from oven.

Reduce the oven temperature t 325° F.

In mixing bowl, crumble bacon Add vegetables, onion, flour, chees and garlic powder. Mix egg substitute and skim milk together. Spoon baco mixture and turkey into the pie she and pour the milk mixture over al

Bake 55-60 minutes, until knife is serted in center comes out clean. Co about 10 minutes before serving.

Per Serving (⅛ pie):
Calories: 158 Sodium: 111 mg
Protein: 13.4 gm Cholesterol: 22 mg
Fat: 3.9 gm Carbohydrate: 17.0 gm
Diabetic exchanges: 1 bread + 1 vegetable + 1 low-fat meat



"Before reading the will of the dear departed, I would like very much to make an offer for that fine animal."

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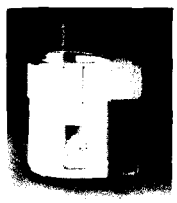

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POST SCRIPTS

The Buck Stops Here

They call it take-home pay because there is no other place you can afford to go with it.

—Jeffrey Caulfield

No Experience Necessary

Church: one place where you aren't too bad to come in, nor too good to stay out.

—James Curnane

Coop de Gras

Loaded with packages from a shopping spree, his wife made a grand entrance. Her husband couldn't contain his anguish. He called out, "Good grief, when I realize how much all that must have cost I wonder what happened to our nest egg?"

"I'll tell you what happened," the wife said, "this old hen got tired of sitting on it."

—Laurie Baker

Coincidence? Perhaps Not

Only in America could these two industries thrive—fast food restaurants and fast weight-loss clinics.

—Gil Stern

Now You Know

The four suits in playing cards originally represented the four classes of society: ♥ were the clergy; ♠ the military; ♦ the merchants; and ♣ the peasantry.

—Inez Carping

Loud and Clear

An elderly man who had been fitted with a hearing aid a week earlier returned to his doctor's office for a checkup.

"How do you like the hearing aid?" the doctor asked.

"Fine," the patient replied.

"How does your family like it?" the doctor inquired.

"Oh, I haven't told them yet," the patient answered, "but I've changed my will three times."

—Larry Johnson

Bummer of 41

One day when I was forty-one
I ate an extra sticky bun,
And in that moment it did seem
I went from thin to broad-in-beam.

Like that, my hard abdomen branched.
My tight pectorals avalanched.
One instant and I turned from svelte
To double-width Expando Belt.

A life of easy slimness done
For just one useless sticky bun.
The rest you know, the diet maze,
The carrot snacks, the yogurt phase.

Don't talk to me of behavior mod
Or exercise or back to God.
The naked truth is, I got fat.
The morning mirror tells me that.

The zippers sprung in all my flies,
My stupid feet went up a size.
My cheeks have put on so much beef.
I use a bigger handkerchief.

And just in case a doubt still lingers
The space is less between my fingers
So listen well, you thirty-nines
And forties with your proud
waistlines,
One day when you are forty-one
Beware the extra sticky bun!

—Martin Marcu

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Wiser for the Wear

How many wild alternatives
Adolescence tries
Before at last it's reconciled
To choosing the course that's wise.

—May Richstone

Shape Shifters

Aerobic workouts,
  Besides distraction,
And fitness, fun,
  And satisfaction,
Spur some to action,
  And some to traction.

—E. B. de Vito

Tune Up or Tune Out

The mechanic with confidence
  assures,
"We'll call when it's finished,
  you know."
Eight hours later you phone to learn,
"Your car was ready four hours
  ago."

—James Rhodes

For the Meter, Made

Oh ye of little faith,
Thou seemeth quite contrary.
Could it be thou doubteth
My urgent need to tarry?
For lo, upon my windshield
Where surely thou didst stick it,
Is a symbol of thy handiwork—
An accursed parking ticket.

—Pat D'Amico

The Bare Truth

One thing is certain about the couples pictured on the front covers of romance novels: They aren't in a place with a lot of mosquitoes.

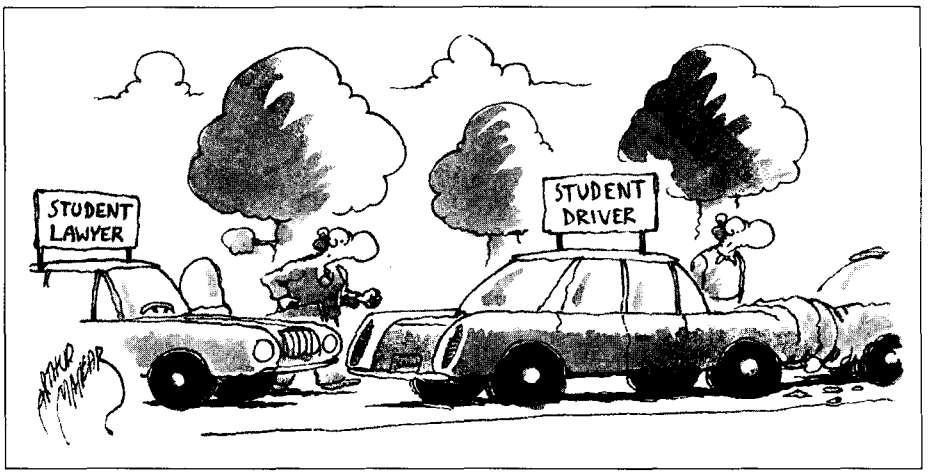
—Steve Koehler

Like Father, Like Son

"I'm ashamed of you," the father said to his lazy son. "You don't even have a job. Why, when George Washington was your age, he was working hard in the wilderness as a surveyor."

"Yes," said the boy. "And when he was your age, he was President of the United States."

—Jeffrey Caulfield



Still Second Best

Man is great at shaping claptrap,
Gadget, gimmick, and device.
We can build a better mousetrap,
But can't match Him who builds the
  mice.

—Wen Smith

Formula for Fun

For a successful vacation, tourists need to take along half the clothes they planned and twice the money.

—Sam Ewing

The Human Comedy

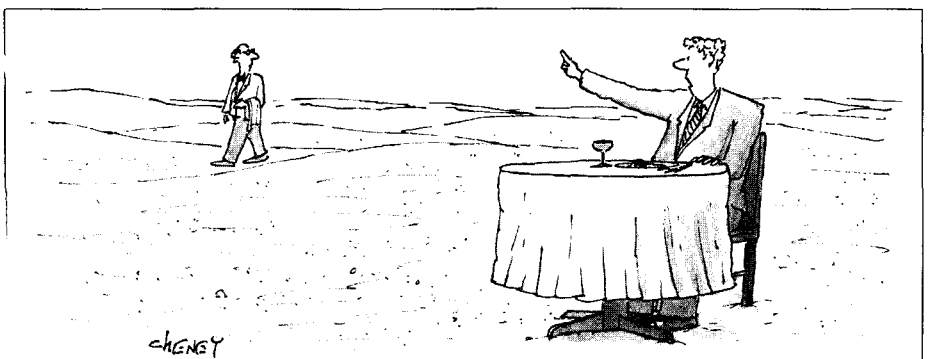
Many a woman marries a man for life and then discovers that he doesn't have any.

—Laurie Baker

Duty by Default

Early to bed and early to rise means you'll cook breakfast for the other guys.

—Marlys Huffman



"Waiter! Reality check, please!"

Golf Score Scorch

I shot a seventy-two—
Not one of my goals,
Since I shot it in
Nine holes.

—Lois Leurgans

Where We're In

Middle class is where there's not enough money to be in a tax loophole but just enough money to be in a tax hole.

—Gil Stern

Song of a Babysitting Grandmother

Christopher crawls!
Christopher creeps!
What a relief when
Christopher sleeps.

—Claire Gerber

Money Makes the Man

Between jobs: A process that turns a nest egg into chicken feed!

—Robert H. Forrest

Chance Is Another Master

Bingo is easier said than won.

—Marlace Berg Zacharias

I Hear the Lodge Is Warm

An active young lady, part Swiss,
Thought snow skiing was absolute
  bliss,
But she skied much too fast
And when she was seen last
She had ɐpɐnd up something like this!

—James R. Webb

Time Worn

This is class reunion time
I chuckle from the start,
When all of us get together
Just to see who is falling apart.

—Kathryn McGaughey

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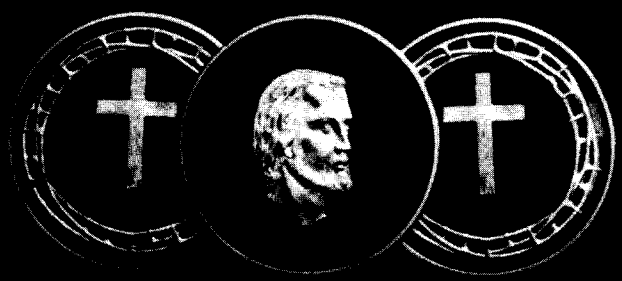
THE TESTIMONY PIECE



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Keeping Colds at Arm's Length

continued from page 23

simple assignment.

This rundown may help:

Decongestants—relieve nasal swelling and congestion caused by cold.

Expectorants—help to clear chest congestion.

Cough suppressants—reduce frequency of coughs.

Topical anesthetics—relieve sore throat pain.

Analgesics—reduce muscle aches and pain.

And don't forget to read the labels. Know what you are getting and know what part of your problem it's headed for. (And don't forget the expiration date. Too many of us don't know that cough syrups carry no expiration date whatsoever, while still more are ignorant of the fact that cold tablets and nasal sprays do.)

Labels, of course, inform us when to administer medication, possible side effects, potential interaction problems with other medications, and correct dosage. A study at the University of Michigan found that many parents don't read directions when administering medications to their children. And one more caution: Since the weight of two-year-olds can vary from 25 to 35 pounds or more, age alone should not determine dosage.

Last but by no means least, my own father-in-law, a country doctor of some renown, treated the common cold by sending his patients to bed with chopped onions in their socks. The cold and flu people have come a long way indeed. ❦

Gift of Breads

continued from page 17

When doubled, place on lightly floured board and knead in grated orange peel. Shape into loaf. Spray loaf pan with non-caloric vegetable-based spray and place loaf in pan. Let rise again until doubled. Bake in 375° F oven about 35-45 minutes until light golden brown.

Per Serving (1 slice, 1/10 loaf):
Calories: 183 Sodium: 18 mg
Protein: 5.0 gm Cholesterol: 0 mg
Fat: 1.3 gm Carbohydrate: 37.9 gm
Fiber: 2.7 gm
Diabetic exchanges: 2 bread + ½ fruit

♥ ♥ ♥

Herbed Whole-Wheat Bread

(Makes 4 loaves)

¼ cup polyunsaturated margarine
2 tablespoons parsley flakes
½ teaspoon marjoram
½ teaspoon oregano
½ teaspoon thyme leaves
¼ cup minced onion
2 cups all-purpose flour
2 cups bread flour
2 cups whole-wheat flour
2 packages active dry yeast
2 cups skim milk
2 tablespoons molasses
¾ cup egg substitute

In small saucepan, melt margarine. Add parsley, marjoram, oregano, thyme, and onion. Stir, then set aside.

Combine flours with dry yeast. Measure 2 cups into mixing bowl; set aside remaining flour-yeast mixture.

In medium saucepan, scald milk with molasses. Add herb-margarine mixture and cool to lukewarm (about 120° F). Add this liquid to the 2 cups flour-yeast mixture.

With electric mixer, beat on low speed until well blended. Gradually add 2 more cups flour mixture and the egg substitute, beating until well blended. Stir in remaining flour mixture with spoon, until sticky.

Turn dough onto lightly floured board and knead until elastic, 8-10 minutes. Place in bowl sprayed with non-caloric vegetable-based spray. Cover and let rise about 1 hour in warm place, until doubled.

Divide dough into 4 equal pieces. Knead each into small loaf shape. Place in small or mini loaf pans and let rise again until doubled. Bake at 350° F for 35-40 minutes or until done.

Per serving (1/6 loaf):
Calories: 138 Sodium: 32 mg
Protein: 5.2 gm Cholesterol: trace
Fat: 1.5 gm Carbohydrate: 25.8 gm
Diabetic exchanges: 1½ bread

♥ ♥ ♥

Pineapple Whole Grain Bread

(Makes 1 loaf, 10-12 slices)

1½ cups whole-wheat flour
3 teaspoons baking powder
1½ cups oat bran
¼ cup egg substitute
¼ cup pineapple juice
1 cup crushed pineapple
¼ cup skim milk
¼ cup melted polyunsaturated margarine

Sift flour, baking powder, and oat bran together. Combine egg substitute, pineapple juice, crushed pineapple, milk, and margarine together. Add to dry ingredients and stir until well blended.

Spray loaf pan, 9x5x3 inch size, with non-caloric vegetable-based spray. Pour batter into pan and bake at 325° F for 60-65 minutes or until done. ❦

Per Serving (1 slice, 1/10 loaf):
Calories: 161 Sodium: 125 mg
Protein: 5.9 gm Cholesterol: trace
Fat: 3.7 gm Carbohydrate: 26.2 gm
Fiber: 4.4 gm
Diabetic exchanges: 1 bread + ½ fruit + 1 fat

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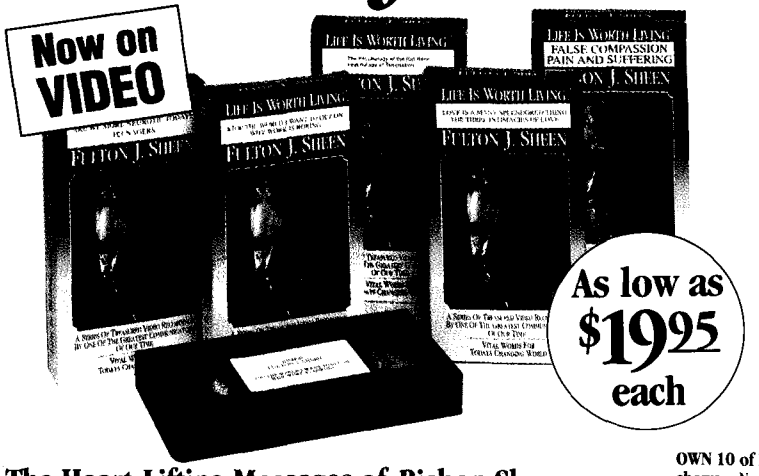
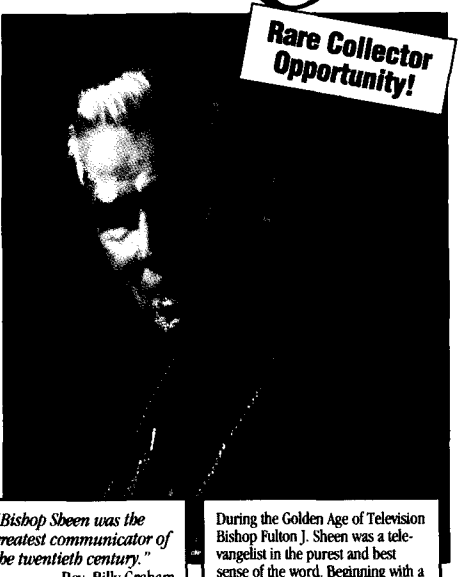
"Life Is Worth Living!"

The Wit and Wisdom of FULTON J. SHEEN





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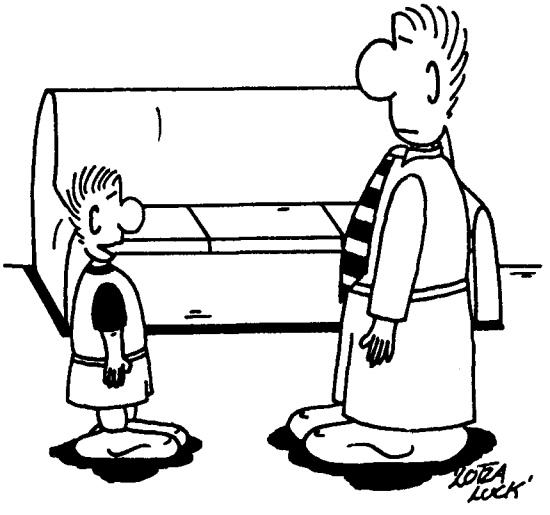
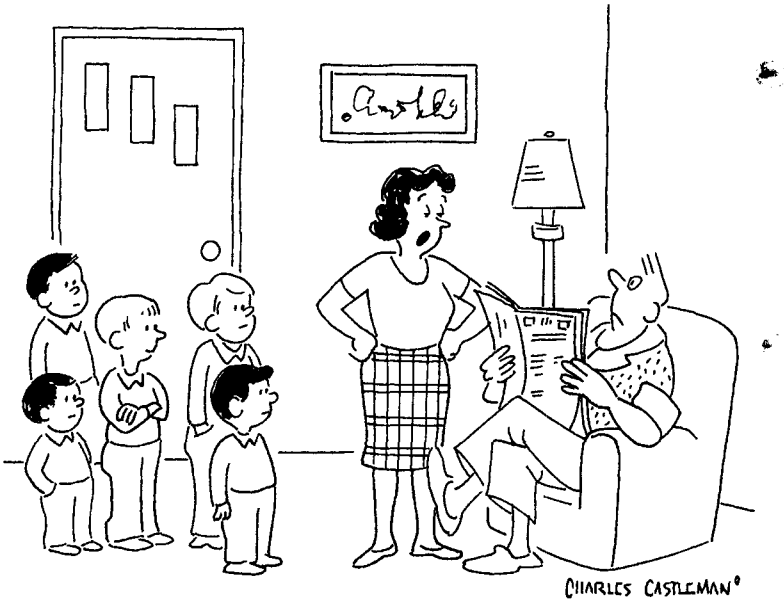
BOYISH CHARM

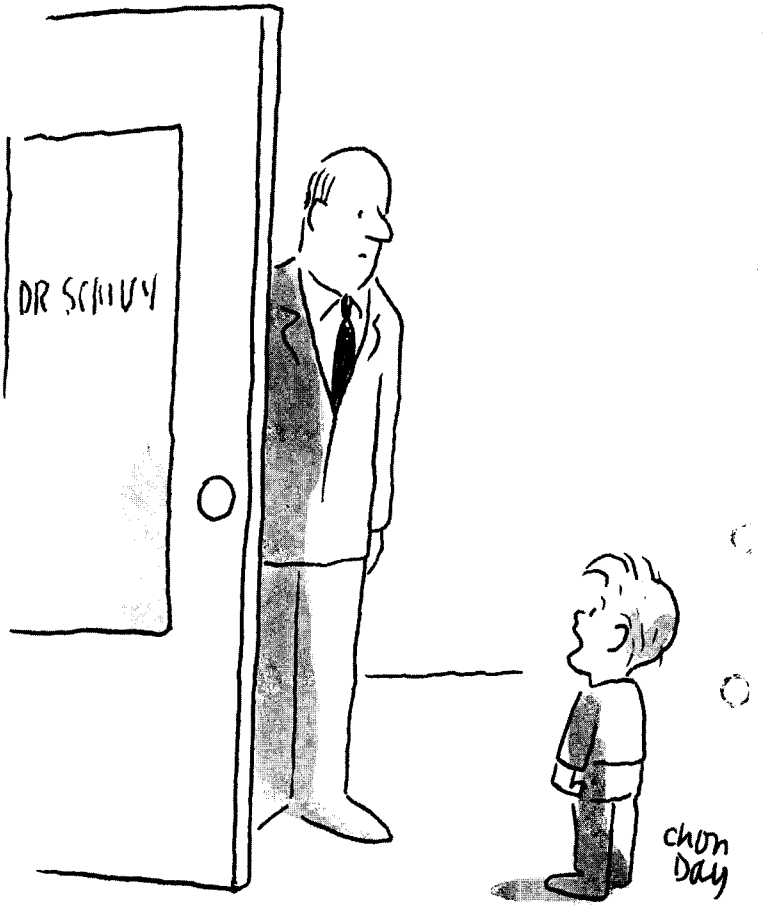


"Is this one of those things that I'll understand when I'm older or don't you really know the answer?"

"No, he's not giving me any trouble."



"Harry, have you forgotten? It's your night out with the boys."



"You've had seven kids that I gave the measles to, Doc. How about my cut?"

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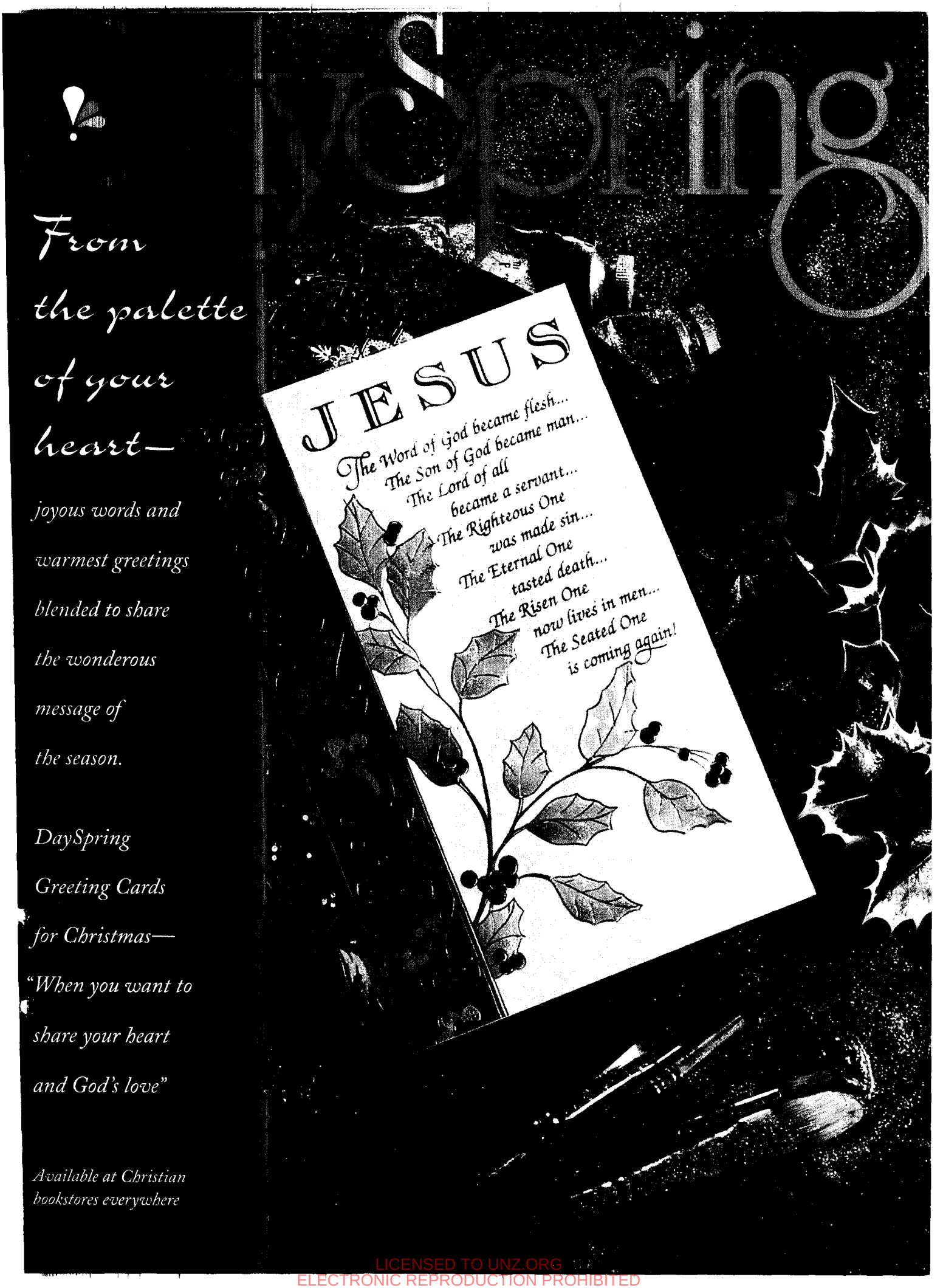

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Regular exercise is an important part of Annette's therapy. Now 49, she divides her time between an Encino, California, home and a sprawling ranch near Bakersfield.

ANNETTE FIGHTS BACK

Annette Funicello wants no pity as she assumes an active role in the fight against the disease that counts her among its victims—multiple sclerosis.

by Holly G. Miller

When Annette Funicello was nudged by an "enquiring" media to confirm the unhappy news that she has multiple sclerosis, she worried about the effect on her fans. In the spotlight for more than 35 years—first as a TV Mouseketeer, then as leading teen in a spate of beach-party films, and finally as spokesmother for Skippy peanut butter—she had always led a charmed life. Nothing *bad* ever happened to Annette. Her fiercely loyal fans kept her in a time warp, forever wedged between Doreen and Cubby, or kicking sand with Frankie Avalon. Like the wholesome characters she played on the big screen, she seemed destined for a happily-ever-after kind of life.

"That's why I debated about going public," admits Annette. "I've always had a sort of fantasy existence in show business and have never had to face a lot of disappointments and hard knocks. Because people think my life is so perfect, I didn't want to upset them or burst their bubble. I even wondered if people would still like me. And I worried that they might not know how to take MS because not many people understand very much about it. I certainly didn't."

The diagnosis had been made in 1987, shortly after she had wrapped up *Back to the Beach*, a tongue-in-cheek reunion movie with her old pal, Frankie Avalon. Her persistent visior problems and complaints of wobbly legs initially had been the source o over-the-hill jokes between the 40 something friends. But when th symptoms persisted, she agreed to se a neurologist. An MRI test (magneti resonance imaging) confirmed the di agnosis: multiple sclerosis. She tol only her husband Glen Holt, he mother, and her three children, Gina 27, Jackie, 22, and Jason, 18.

The secret was theirs for five years but rumors finally surfaced severa months ago when she appeared i public, unsteady on her feet. Sh blamed tendinitis—after all, she ha been a dancer since childhood. Whe her loss of balance caused her to lea more noticeably on a cane and o Glen's arm, reporters from a supe market tabloid began knocking on h neighbors' doors. "Is it true abo Annette?" they asked, probing f clues. Finally, a writer called Annet at home and requested an "exclusive She knew she had to go public wi the story rather than risk release of

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trumped-up version. Still, she fretted about the response to her news.

"It was phenomenal," she says, looking back. "I never dreamed it would be anything like this. The well-wishers seemed to speak straight from the heart."

Cards and letters jammed her mailbox at home and poured into the Disney studios. Calls and notes flooded her agent's office and the headquarters of the magazine that published the story. Officials at the National Multiple Sclerosis Society acknowledged that they, too, had always been fans of Annette, and quickly recruited her as the Society's national ambassador. When word got out, donations rolled in.

"I heard from people who had grown up with me over the years," she says, "but I also heard from new friends with MS who wanted to compare notes and give me helpful hints. I got a lot of home remedies, bottles of medicine, and videos on the subject. The notes would say, 'This helped me; try it!' "

The outpouring of affection shouldn't have surprised her. Among a handful of stars who have survived show business on one name—Cher, Madonna, Prince—only Annette has done it without raising eyebrows. Always a straight arrow but never a goody-two-shoes, she was everybody's fantasy date, every girl's best friend, and every parent's ideal daughter. Her ability to connect with audiences was recognized when she was 12 and dancing the lead in a ballet at the Starlight Bowl in Burbank. Walt Disney was in the audience that night and quietly arranged for her to audition for a new show, "The Mickey Mouse Club." Not only did Annette join the club, but she emerged as its favorite member.

She describes her four years as a Mouseketeer as "never drudgery" in spite of the demanding seven-day work week. Disney and his staff tried to preserve an environment of normalcy for their mouse-eared troupe of singers and dancers. The only clue Annette had of her growing popularity was an off-hand comment by Mr. Disney: "You must have a lot of relatives writing to you because your fan mail is astronomical." The staff didn't count the letters or log the gifts because the Mouseketeers were promoted as a group

The lone Mouseketeer to emerge with a long-term film contract, Annette starred in several beach-party comedies. She always abided by Walt Disney's request: No bikini, please.

Aired daily from 1955-59, The Mickey Mouse Club typically included a newsreel, a production number, part of a serial, and a cartoon. A revival of the show delighted a second generation. Among its fans: Annette and her children Gina, Jack, and baby Jason.

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Men won't hug a porcelain figurine but they never balk at a bear. Her collectible furry friends now number 32, each named by company executive Annette. Favorites have emerged and some sold out shortly after introduction.

Annette's Italian heritage gave her dark eyes and curly dark hair that drew attention in a group of blond, freckle-faced Mouseketeers. "But they were better singers and dancers," she admits.

and not as a collection of stars-on-the-rise.

"By the second year, when we were going on the road more and more, we knew the fans had favorites and were screaming to see and stand next to certain Mousketeers. Mr. Disney finally told me about the cards and gifts. He said, 'I think you're going to have to help the fan-mail department answer some of this correspondence."

Two Annette fan clubs were launched in 1955 and are still active today. (Indicative of her loyalty, Annette insists that the president of her East Coast club stay with her when visiting the West Coast.) Even after the Mouseketeers disbanded, Annette remained under contract to Disney and appeared in a number of TV shows including "Zorro" and starred in such films as "The Shaggy Dog," "Babes in Toyland," "The Misadventures of Merlin Jones," and "The Monkey's Uncle." A recording career spun off from her movies, and her "Tall Paul" and "Pineapple Princess" quickly topped the charts.

She picked her projects carefully, always mindful of her family's, fans', and studio's expectations of her. She didn't consciously cultivate a squeaky-clean effect; it just came naturally. The on-screen Annette closely matched the off-screen version.

"Being polite, being on time, acting in a professional manner when I was working—those things were instilled by my parents when I was very young," she says. "I give my mother and father all the credit because they always stressed that I am no bett. than anyone else. At work, of course I wanted Mr. Disney to be proud o me. He was a wonderful boss, and valued everything he ever told me."

When she briefly toyed with t idea of changing her last name— Funicello seemed to be a mouthfu back then—Disney counseled agains it. Her name had a beautiful Italia lilt to it, he said. Keep it. And sh did. Another famous piece of Disne advice was tendered when Annett was loaned out to star in the popul beach-party films. "That's when th famous story of never showing m navel arose," she says. "Mr. Disne

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came to me one day and said, 'Annette, I have a favor to ask of you. I know all the girls in the film will be wearing bikinis, but you have an image to uphold and I would appreciate it if you would wear a one-piece suit.' "

From time to time she was offered scripts that cast her as the "other woman," the drug user, the prostitute. No, thanks, was her stock answer. Instead, she accepted bread-and-butter jobs such as Skippy commercials and the *Back to the Beach* assignment. She occasionally did concerts with Avalon, and it was during a year-long "Annette & Frankie" tour that she finally shared the news of her multiple sclerosis diagnosis with her old pal. Her balance was getting worse and she wanted him to understand why she occasionally reached out to him onstage or gripped his hand when they took their bows. He took the news well. Much later she learned that Frankie had already been tipped off about her illness but had decided to wait until she was ready to confide in him.

"Before Frankie and I started the tour, my husband Glen called him, invited him to breakfast, and told him about the MS," she says. "Glen was worried about me going on the road, working on stage, and getting overly tired. I didn't realize this, and I waited until the end of the tour to tell Frankie. He never let on that he already knew. He didn't confess until we were guests on the Vicki Lawrence talk show. I said, 'But Frankie, your mouth seemed to hang open when I told you about the MS!' He said, 'That's the good actor in me.' "

Although MS has curbed her travel and concert schedule, Annette is far from being sidelined. She admits she "has good days and bad days," but she shrugs off pity, condolences, and nostalgic mouseke-tears. She'd rather talk teddy bears—a pet project that she currently oversees from home. Bears, she says knowledgeably, are big business these days. And she ought to know.

"I've been a collectible kind of person all my life," she explains. "And I love teddy bears. Did you know there actually are *awards* for teddy-bear designs? And that some of the very, very old bears go for $80,000? I've also learned that a lot of adults, including men, love teddy bears. There's no embarrassment about holding or hugging a bear."

Her expanding menagerie of 32 designer bears is marketed by the Annette Funicello Bear Company and is available through the QVC shopping channel, and at Disneyland and DisneyWorld. Like many other collectibles, the stuffed toys are numbered, vary in size and price, and boast individual names. A particular favorite is dubbed "Shorty" in honor of her dad.

A more recent enterprise is her signature scent, a perfume slated for unveiling this month. Like her attraction to stuffed animals, her love for cologne dates back to her youth. She says she never left home without splashing on a favorite fragrance, and friends often teased her that they knew when she entered a room because the familiar scent underscored her arrival. One whiff said it all: Annette's here.

Word of her penchant for perfume eventually got around, and a perfume manufacturer contacted her with the idea of a new fragrance that would carry her name.

"We're calling it 'Cello,' " explains the woman who once thought of trading Funicello for a simpler Smith or Brown. She laughs at the memory: "Thank you, Mr. Disney . . . again!"

The scent took more than a year to develop. The chemist, who lives in Arizona, made frequent trips back and forth to California to uncork a variety of concoctions under Annette's discriminating nose. She discarded some, saying, "no, this is too strong;" or vetoing others with a "this is too flowery" or a "this is too heavy." Finally the right blend emerged. Annette struggles to describe it in a word, then settles on "spicy" but not *too* spicy.

If the description fits the product, it also fits the spokeswoman: mischievous but nice; spicy but sweet. At her insistence, a percentage of the perfume's profits will be donated to the National Multiple Sclerosis Society. In addition, she will speak out about the illness to increase awareness and generate support for research efforts. For now, that's enough. Yes, for now she'll leave the beach-blanket scene to the cast of the phenomenally popular TV show "90210."

She laughs at the irony and adds, "I guess everything comes around again."

Friends can write to Annette in care of Walt Disney Studios, 500 S. Buena Vista St., Burbank, California 91521.

What is MS?

"Many people still believe that MS is a fatal disease and that everyone diagnosed with it eventually ends up in a wheelchair," says Arney Rosenblat of the National Multiple Sclerosis Society in New York. *Not true*, corrects Rosenblat. Although the exact cause of the disease is unknown and no cure has yet been discovered, information and research about the illness is mounting. For example, doctors know that MS:

- ▶ is a chronic, often disabling disease of the central nervous system
- ▶ affects about 350,000 Americans
- ▶ typically strikes young people in their twenties and thirties
- ▶ attacks more women than men
- ▶ is neither fatal nor contagious nor inherited
- ▶ can result in a loss of balance, slurred speech, blurred vision, and paralysis

Symptoms vary greatly and often flare up during active periods of the disease and then disappear during periods of remission. Happily, two out of three patients remain ambulatory over their lifetimes. A variety of treatments—including physical therapy, exercise, and medication—can ease the symptoms. However, Rosenblat cautions that "the MS experience is different for each individual" and the unpredictable nature of the disease leaves its victims vulnerable to false claims and unproven treatments. In short, comparing notes on the disease may be comforting for patients, but they should remember that what works for one person may not work for another.

An active network of more than 1,400 support groups exists across the country to improve the quality of life for MS patients and their families, and 144 chapters and branches of the National MS Society offer a range of programs, services, literature, and videos.

To learn more about MS, contact the National Multiple Sclerosis Society at 733 Third Ave., New York, NY 10017. A toll-free telephone line is staffed 24 hours a day. Call 1-800-LEARN MS.

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"For a man who has never done this and hasn't any children, you show a lot of experience," said Mike, smiling.

Illustrated by Coby Whitmore

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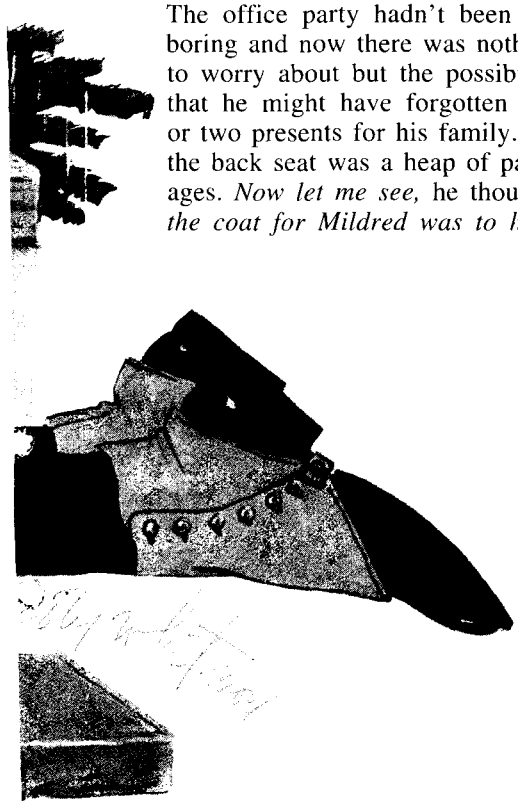
The Stranger's Surprise

None of them would ever forget the outcome of this unusual man's Christmas Eve visit.

BY ILSE STANLEY



"All set, Mr. Harris," said the garage attendant, closing the door of the car. "Merry Christmas!"

"Merry Christmas to you, George," said Mike Harris, and handed him a generous tip for the occasion.

Then he set out for his home on Long Island. He felt pretty good. The office party hadn't been too boring and now there was nothing to worry about but the possibility that he might have forgotten one or two presents for his family. On the back seat was a heap of packages. *Now let me see,* he thought, *the coat for Mildred was to have been delivered. One—two—yup, I think I got everything. And for the children*——Well, he knew he had bought more than he had intended to buy. But then, Christmas wouldn't be Christmas if one bought only the things that one set out to buy.

Mike Harris drove along the East Side Franklin Roosevelt Drive toward the Triborough Bridge. *Lucky,* he thought, *just beat the traffic by half an hour.* On the bridge, he stayed in the right lane. It was not only the least used but led to his exit on Long Island. He paid his toll, turned on the radio and listened to the news. The commentator warned repeatedly about speeding on the highways, recalled the enormous casualties of previous years, pleaded with drivers to slow their pace.

I certainly will, thought Mike. *I'm in no hurry.* Amused, he watched other drivers cutting in and out. *Silly,* he thought. *How much time can they save? If they're racing to the airport they should have left earlier to make a plane.* There was no one in front of him, the right lane being almost devoid of traffic.

Suddenly Mike stared at the road ahead, startled. There were no cars before him for a couple of hundred yards, but a man loomed up in his view, walking along the road as though he were taking a stroll in a quiet country lane. Mike sounded his horn frantically, but the man was either drunk or deaf, because he did not react. He continued his leisurely pace.

Mike slammed on his brakes, but could not prevent his left fender from striking the man slightly. The shove caused him to stumble, but he did not fall. Traffic began to pile up behind and horns blared.

Mike got out of his car.

"What the devil do you think you're doing?" he demanded. "Do you want to get run over? If you have to get plastered, why don't you pick a quiet street, like Eighth Avenue?"

The man looked almost indignant. "I am not drunk, sir," he said quietly, as though nothing had happened. "I am sober."

Mike felt like calling down all the imprecations listed in the Unabridged. *Grab hold of yourself,* he thought. *Don't forget the Christmas spirit.*

"Look, my good man," he managed to say, "don't you know it's suicide to walk along a bridge like this? Aside from the fact that it's against the law. The first cop driving by would arrest you."

"That would be quite all right, sir," said the man.

The cars stacked up behind them were blowing their horns frantically.

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"Never mind," Mike said; "just get in the car. We'll have that out later. But it's a hell of a way to hitch a ride."

The man got in, an almost-satisfied smile on his face.

Mike grew a bit suspicious. "What was your purpose in doing that?" he asked. "Are you trying to stage a holdup? I don't have much money on me, you know. Besides, you shouldn't do that on Christmas; it's against all ethics."

"I'm not attempting a holdup, sir," said the man.

"Well, what's the idea of walking along a busy highway?"

"I want to get some attention," said the man. "Are you very angry at me, sir?"

Mike had enough. He was looking for the first exit. "I'd better get you to the nearest hospital," he said. "You might be hurt, after all. Perhaps it would be best if you had a checkup."

"Oh, no," said the man. "I am quite all right, I assure you. You did not strike me very hard, and it certainly was worth it."

"Worth it!" ejaculated Mike. "What's wrong with you? I have a lot of patience because it's Christmas, but this sounds crazy. Are you crazy?" he asked. "Escape from Bellevue, perhaps? Do you have amnesia? Or do you know who you are?"

The man smiled. "I know who I am, sir. Oh, I have not introduced myself. My name is Higgins—A. H. Higgins."

"Glad to meet you," said Mike dryly. "My name is Michael Harris. On second thought, I'm not so sure I'm glad to meet you. The setting is rather unusual. Tell me, how did you get there, anyway?"

"I took a cab," said the man, "from the other side of the bridge. I asked the driver to let me out in the middle. He thought it was a bit odd, but I told him that I was waiting for a friend to pick me up in his car. So he let me out and I started to walk."

"But why?" asked Michael. "Did you want to commit suicide?"

"Oh, no, sir," said A. H. Higgins. "I told you, I just wanted to get some attention."

"You could have easily got more than you bargained for," said Mike. "I happen to be a careful driver; I was only doing about 25 or 30. If somebody came flying along at 60 you would have been a goner. Do you realize that?"

"Even that would have paid, sir, as long as I felt it. I mean, just so I would have remained alive long enough to realize that people were standing around and showing me some attention."

"Wow! What an awful nightmare I just had!"

"That's a rotten way to die. In order to get attention!" said Mike. "Why are you so set on getting attention?"

"I never have it," he said simply.

"What do you mean?" asked Michael.

"I never gave it any thought until my doctor mentioned it."

"Your doctor? Then you are ill!"

"No, not exactly. Oh, I had sometimes felt tired and listless. Everyone feels that way now and then. Well, the doctor told me my heart was kind of weak."

"Too much work and too little relaxation, I suppose?"

"Almost exactly his words. Only he said 'too little diversion.' I should take some vitamin pills and get a little attention."

"Did it help?"

"Well, my heart doesn't bother me. I take the vitamin pills, but nobody's shown me any attention. So I thought this Christmas I'd give myself the present of making someone really mad at me."

"Make someone mad at you? Why?"

"Because if someone is mad at you, he's bound to give you some attention," said Mr. Higgins. "Of course, it didn't quite work out," he added a bit sadly, "because you aren't really mad at me, are you, sir?"

"No, I'm not. But that hasn't anything to do with you. I'm just content with the work I've done and the fact that I'm going home."

"That's one of the points I was making," said Mr. Higgins. "When you get home you'll receive a lot of attention, won't you?"

Mike laughed. "Yes. Mostly because of the packages behind me in the car."

"It's worth it," said Mr. Higgins. "I wish I had some packages to pack."

"Don't you have any money to buy some?"

"Oh, yes," said Mr. Higgins. "I have enough money—I've a good bank account. I just don't have anyone for whom I could buy presents. And since no one has any particular reason for liking me, I thought I might at least get some attention by having someone mad at me."

They were by now well on their way out on Long Island.

"Look," said Mike, "I'm probably taking you out of your way. Where do you live?"

"I live in New York; in Manhattan sir. But it does not matter. I can always take a train back."

"Why?" asked Mike. "Is it worth the ride you're taking with me?"

"Oh, yes," said Mr. Higgins. "No just the ride, but I can't remember when anyone spoke so many words to me in such a short time. I mean, gave me so much attention. You have asked at least six questions which showed your interest in me. No one else has ever shown sufficient interest in me to ask six questions."

"That's ridiculous," said Mike. "It's beyond me."

"I can understand that," nodded M

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Higgins. "Nevertheless, it is the truth."

"You have a fixed idea there," said Mike. "Let's analyze this question. You say nobody gives you any attention. Aren't you married?"

"No," said Mr. Higgins.

Mike glanced at him. A. H. Higgins was a rather good-looking man, about 50 years old, hair beginning to turn gray at the temples. He was dressed in good taste, businesslike, and immaculately clean.

"Why aren't you married?" asked Mike. "I realize, of course, that it's none of my concern, but since you like attention, I thought I might as well ask. I can't say that you haven't made me curious."

"Your curiosity makes me very happy," said Mr. Higgins gratefully. "It is difficult to explain why I did not marry. I have thought about if often. When I was young, I was too busy. I come from a small family. I studied; worked in the evening in order to be able to go on studying. I never knew my father; he died when I was very young and I helped my mother along. Then I got a good job and felt it was the wrong time to get married; I had to concentrate on getting ahead."

"What do you do?" asked Mike.

"I am a bank manager," said Mr. Higgins modestly.

"A bank manager?" Mike was stunned. "And you don't get any attention?"

"No. I give attention, but I never receive it. People are only interested in a bank manager when they want a check cashed or something like that."

"Why don't you go out sometimes? Have a good time? You make good money, don't you?"

"Oh, yes, sir, I have a very good income. But I've never known how to spend it."

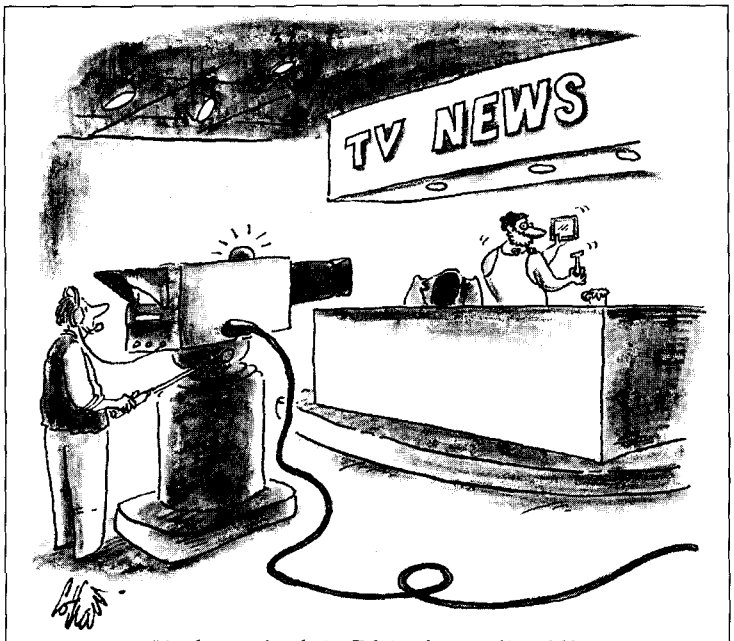
"Well, there are ways, you know," said Michael, laughing.

"Oh, yes, I know. But you see, I am shy. It was difficult for me to get acquainted with women. I did not know anybody."

"But your business associates?"

"Well," said Mr. Higgins thoughtfully. "I guess I am not a very gregarious or entertaining fellow. People like to invite bachelors when they can make themselves useful at parties; when they can tell funny stories, or entertain the ladies, or mix good drinks. I was never very good at either category. I was invited to parties once or twice, but I sat around in a corner feeling awkward, knowing I was boring company. Why would people invite a man who bores their guests?"

Mike shook his head. This was a completely new world to him. He had never been alone. One of six children, he was accustomed to company, parties, had flirted with his sisters' friends, competed with his brothers once or twice for the favors of their girl friends and had always busied himself in his parents' home giving and receiving joy and—as Mr. Higgins called it—attention. He often felt he was receiving too much of it; had too little privacy, too little quiet, too little relaxation. But he was too intelligent to complain about love. It was incomprehensible to him that a human being could exist who was so lonesome, so completely isolated that he had to walk along a busy highway in order to gain some attention.



"And now back to Ed in the studio. Ed?"

"You see, sir, I am boring you," said Higgins.

"No," Michael said, "you're not boring me; I was just thinking. By the way, what does the A. H. stand for?"

"I'd rather not say, sir."

"Why not?"

"It sounds—silly."

"You can't help the name your mother gave you."

"Well, you have been very kind to me," said Mr. Higgins, "so I guess you won't laugh. The *A* stands for Adelbert; the *H* for Hugo. Tell me, how can a man receive love or attention with a name like Adelbert Hugo Higgins?"

Mike tried for a moment to put himself in Adelbert Hugo Higgins' position; he shuddered. "Tell you what," he said finally; "we're almost home. Do you have any plans for tonight?"

"No, sir," said Adelbert Hugo.

"Would you like to spend Christmas Eve with us?"

"Oh, I would like it very much, but I couldn't possibly."

"Why not?"

"I cannot disturb your family gathering."

"There is no family gathering tonight. It's Christmas Eve and I expect to be very busy trimming the tree. You had any practice trimming trees?"

"No. I often look at them when I eat alone in restaurants and I think it must be a lot of fun. There is one little place where I frequently eat and it has occurred to me to ask the owner if he would allow me to help trim the tree. But I did not think it quite proper."

"No," said Michael, "and there's no fun trimming a restaurant tree. A family tree is much nicer."

"I should say so," said Adelbert Hugo.

"Well, then," said Mike, "that's settled."

"But what will Mrs. Harris say?" asked Mr. Higgins.

"Leave that to me," said Mike. "It will be all right."

In the meantime, they had reached the house. Flax, the German shepherd, came dashing over, barking joyfully. The children ran toward the car, but stopped short upon seeing the stranger.

"Come on in," said Mike. "It's cold

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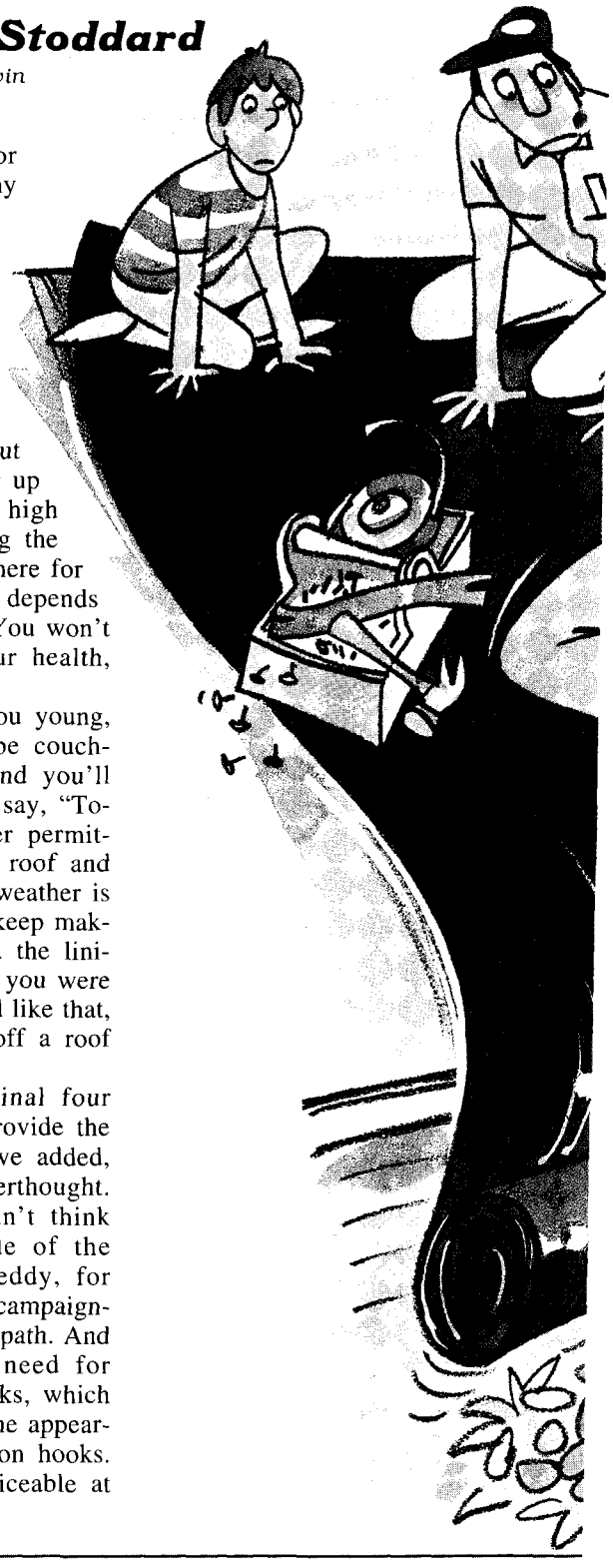
UP ON THE ROOFTOP AND DOWN

After he spent the better part of 11 years on the roof, the question came up: Why wasn't he better acquainted with the edge of it?

by Maynard Good Stoddard

Illustrated by Don Trawin



Falling off a roof is not something you learn overnight. My own apprenticeship—you may remember this—began with tarring the seams on the roof of our front porch and my dear wife "borrowing" the ladder for the emergency removal of 5-year-old ivy from the siding. And I ended up behind the spirea with a bucket of roofing tar in my lap.

Although the next 11 years were devoted mainly to digging tar out of my bellybutton, I have still managed to spend quality time adjusting to rooftop situations. Only last week, for one situation, I mounted the old aluminum ladder to see if I could locate the source of a leak that had begun watering the flower pattern in our living room rug. Five minutes later, wind blew the ladder down.

No problem. Dear wife at the time happened to be mowing what we refer to as our front lawn. I had only to attract her attention to my predicament. Who can possibly avoid noticing a man stranded on a roof shouting and waving, then throwing a glove, then the other glove, then creeping to the very edge of the peak, removing his shirt and letting it sail off in her direction? (You thought I was going with it, didn't you? Sorry, but I managed to grab the antenna post at the last second. Better luck next time.) And did my dear wife at last look up and say, "Oh, I do believe that my dear husband is in trouble—I must race up on the mower and inquire"? In a pig's eye. I might as well have been shouting at the shingles, waving at the neighbors, and draping my shirt over the chimney.

Had the mower not run out of gas when it did, my headstone might very well read: "Roofed to Death, July 11, 1992." Her limp excuse for not routinely checking on my welfare was, she saw the ladder down and assumed I had gone inside to watch the ball game. If my hands hadn't been covered with tar at the time, I don't know what might have happened.

A leak in the roof is about the only incentive for going up there. Unless it's to hit a high voltage wire while installing the antenna. You could go up there for the view, of course; it all depends upon who lives next door. You won't be going up there for your health, that's for sure.

I know how it is with you young, biceptical hubbies, you'll be couch-potatoing some evening, and you'll turn to your dear wife and say, "Tomorrow, I promise, weather permitting, I'm going up on our roof and fall off." The next day the weather is perfect for falling, but you keep making excuses: you can't find the liniment, where was that board you were going to use for a splint, and like that, until it's too late. Falling off a roof by flashlight is not wise.

The roof over our original four rooms and path failed to provide the leak incentive. The room we added, did. The room was an afterthought. Not mine. Actually, I didn't think much of it. But my bride of the Roosevelt era (no, not Teddy, for heaven's sake!) soon began campaigning for a bath to replace the path. And closets, to eliminate the need for hanging her clothes on hooks, which tended to give her dresses the appearance of having been hung on hooks. Which was particularly noticeable at

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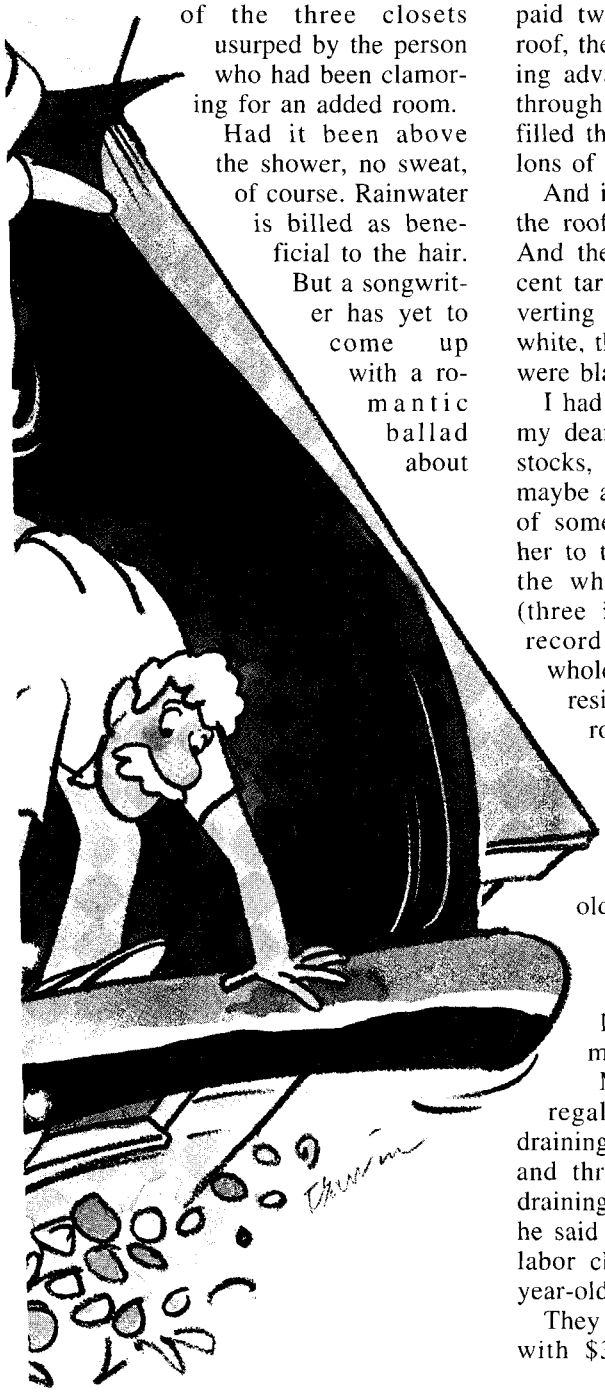
the all-important occasion of giving our older daughter away. (We sold the younger one.)

This addition, luckily, had a nearly flat roof. So according to the carpenters' code, it had to be covered with roll roofing. And water on nearly flat roll roofing has no place to go but through—if it can find an opening. Which our roof soon provided. More fortunate yet, the opening happened to be over one of the three closets usurped by the person who had been clamoring for an added room. Had it been above the shower, no sweat, of course. Rainwater is billed as beneficial to the hair. But a songwriter has yet to come up with a romantic ballad about "Raindrops Keep Falling on My Dear Wife's Wardrobe."



Thus, for the past 11 years plus, I have mounted the roof after every rain. And after each dismount I have assured the one with the wet dresses that, by golly, this time I had it, no question about it. But the next time it rained, she would begin to ask questions: why? when? and how long, oh Lord, how long?

After one boisterous wet spell, I paid two men $250 to resurface the roof, the clumsier of the two men taking advantage of a weak spot to fall through. To conceal the blunder, he filled the hole with an extra five gallons of tar.

And it did stop the leak. After that, the roof didn't leak, it ran a stream. And the stream consisted of 60 percent tar. So instead of rainwater converting my dear wife's clothes to off-white, they were so far off white they were black.

I had always thought I would leave my dear wife an estate consisting of stocks, bonds, cash, credit cards, and maybe a yacht or two. Then I thought of some hand-kissing vulture luring her to the altar and making off with the whole wad. My third thought (three in a row established a new record for me) was to invest the whole bundle in a brand new, leak-resistant, perhaps even leak-proof, roof over the addition.

With this last thought in mind, I phoned Larry Morley, a local Jack-of-all-trades, to come up and lay a new roof over the old roof.

"Never mind bringing a helper," I said. "I haven't spent the last 11 years of my life up there without knowing my way around."

My dear wife having already regaled Larry on my attempt at draining the basement into the pond and through a slight miscalculation draining the pond into the basement, he said it wouldn't add greatly to the labor charges if he brought his 12-year-old son.

They showed up the next morning with $318 worth of materials and Larry's workman's compensation policy. Which was akin to running out on the track before the start of the Indy 500 and soliciting the drivers for burial plots.

Surprisingly, except for sawing a new opening in my pants, I surprised everyone with my professional performance. Until it came to rolling out the roofing.

"I'll hold the roll from back here," Larry said, "and you roll 'er out."

Why he didn't say something before I rolled 'er off the edge of the roof, was my first question after regaining the power of speech. He said if I had been up there the better part of 11 years, I should have known the location of the edge of the roof.

Had it not been for the fiberglass overhang, I might be faxing this article down from "up there," or sending up smoke signals from "down there." The good news is, I missed going into the cistern by a foot and a half.

Funny, the thoughts that will cross a victim's mind at times of such crises. On the way down I thought of organizing a rock group and calling it The Collapsed Lung. This left little time for midair adjustments, but enough so that I managed to land on a freshly tended flower bed. I've landed on softer beds, of course, but any bed you can walk away from is a good bed, as World War I aviators used to say.

Hearing the commotion, my dear wife ran out and with deep concern screamed, "Look what you've done to my marigolds!"

Had I been up to it, I would have replied, "A woman with the sense God gave a retarded goose should have known better than to plant flowers where a man falling off the roof might land." But I couldn't spare the breath at the time.

In fact, I still walk with a slight hitch in my south leg, and my neck is kinked at an angle that gives the appearance I'm trying to spot the planet Pluto.

If current therapy fails, I may have to fall off the roof from the other side to get straightened out. I'll let you know.

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MEN: DON'T SIT ON THE PROBLEM

Regular screening can pick up early, curable cancers.

by Cory SerVaas, M.D.

If you are a male over 50 or even 40, one of the most important things in your life may not be your job or the new house you're building. It may be that you are sitting on a prostate cancer that could be caught, if you act promptly. If you continue to sit on it, it could go into your lymph nodes and set up in your bones where it becomes so painful that without medication you won't care about your job or your house.

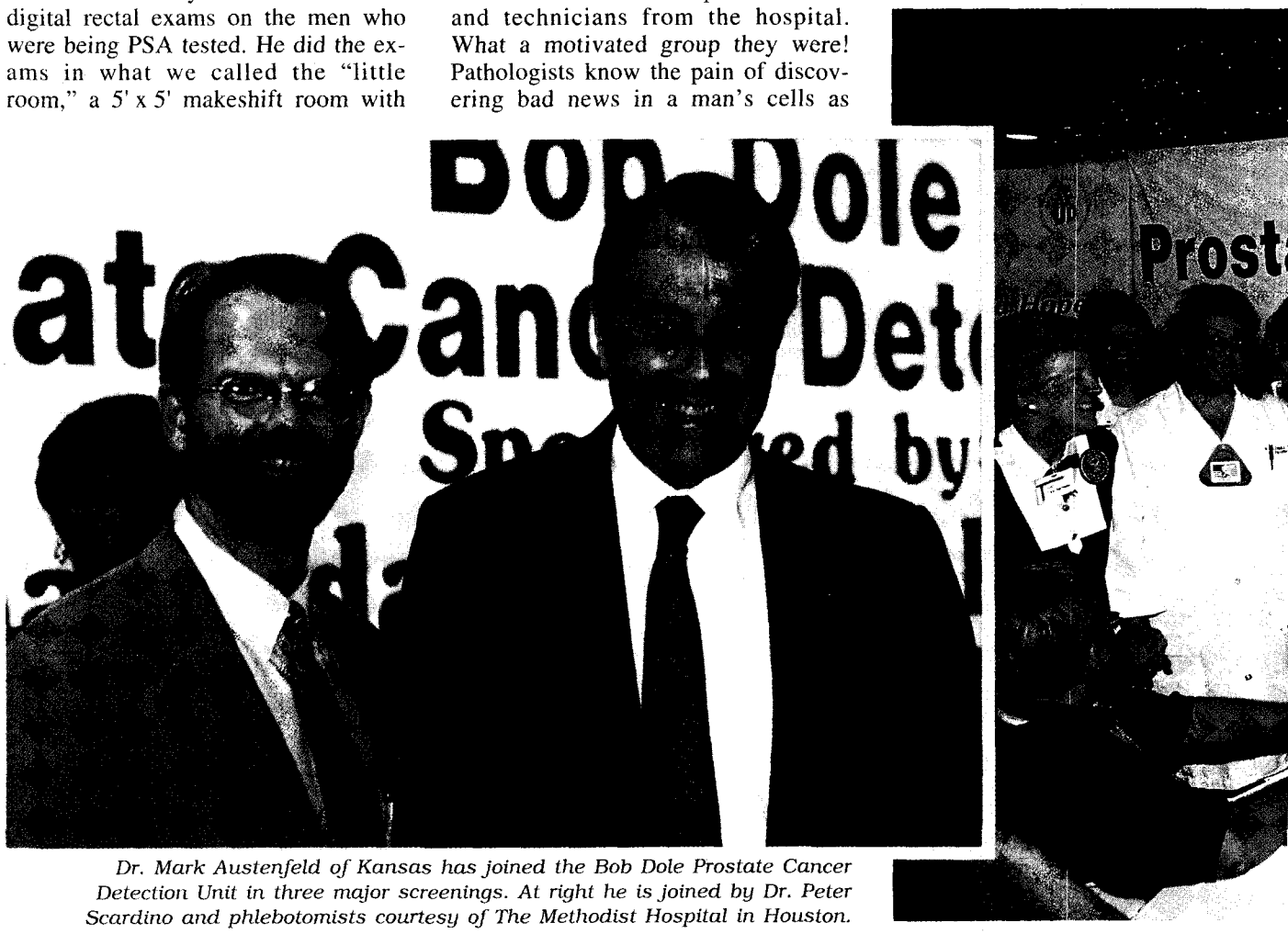
Urologists live the tragedy of having to tell men they have Stage C or D prostate cancer.

They know these cancers could have been caught in that window of opportunity, the time when they are curable. That's why, wherever our Bob Dole Prostate Cancer Detection Unit has gone with free screening, urologists, some renowned, and even some physicians who aren't urologists, come out of the woodwork to volunteer at the booths.

In Houston, a physician who specializes in emergency medicine came from Plano, a Texas town several hundred miles away, to volunteer at our booth. He stayed all week and did digital rectal exams on the men who were being PSA tested. He did the exams in what we called the "little room," a 5' x 5' makeshift room with no ceiling and just enough space for a chair and the patient. He joined renowned urologist Peter T. Scardino, Chairman and Professor of Urology at Baylor College of Medicine. Dr. Scardino, who is also Chief of Urology at The Methodist Hospital in Houston, has published widely on the subject of prostate cancer and has the respect of his colleagues throughout the world. He believes in screening men for prostate cancer now.

So does Dr. Philip Migliore, Head of Clinical Chemistry at The Methodist Hospital in Houston. He joined us at the booth in Houston and supplied us with a roomful of phlebotomists and technicians from the hospital. What a motivated group they were! Pathologists know the pain of discovering bad news in a man's cells as they search for the deadly evidence on their microscope slides. They kno that they are saving and prolonging lives when they catch a cancer before it can be felt. So they worked tirelessly in the heat of the booths. The constant noise from the crowds causes fatigue after the first eight hours. But many of these dedicated volunteers worked every day all week.

Earnestly, they explained prostate cancer in lay terms to the members of the press who stopped by the booth. Mercifully, they didn't have time to read the few jeering statements from callous and uninformed writers who



Dr. Mark Austenfeld of Kansas has joined the Bob Dole Prostate Cancer Detection Unit in three major screenings. At right he is joined by Dr. Peter Scardino and phlebotomists courtesy of The Methodist Hospital in Houston.

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know so little of the subject that they can only make jokes about it. For the most part though, the media has been tremendously helpful in every city. CNN did a two-minute documentary on their world-wide newscast. Countless men no doubt heard about the PSA test for the first time.

We don't know what causes prostate cancer or why it is increasing in prevalence. We need to know. Yet we have relatively little research under way on prostate cancer and we aren't getting our men screened.

We're counting on Senator Bob Dole to change all that.

Having survived the disease himself, he knows how vital it is to get the word out that prostate cancer is the second most deadly cancer in men, and that it now can be detected at an early, curable stage using the PSA test.

Patients are confused when they hear of a physician reporting that the FDA hasn't approved the PSA blood test for screening. A major reason given for holding back has been that it would be too expensive to screen all men (not "cost effective").

Ginger Sullivan, wife of Dr. Louis Sullivan, has tirelessly championed the Susan G. Komen Breast Cancer Foundation in Dallas. She will now spread the word about the Bob Dole Cancer Detection effort, as well.

To address the "cost effective" reason for not screening all males, perhaps we could follow the example of mammography screening where a trained RT (radiologic technician) performs the routine tests. To do the DRE (digital rectal exam) we could give a license to a newly trained medical worker called a DRT (digital rectal technician). This would be a new addition to the medical team and would free up the highly trained urology specialists to do their surgery and other more demanding work. It shouldn't take five to eight years of graduate medical education to learn how to feel for nodules in a prostate. With a concentrated course, sufficient competent DRTs should be trained in time to correct our deplorable neglected health problem: half of our males 50 and older are not having a DRE annually.

Rather than having no screening because of the cost, we should reduce the cost by having a trained technician with a sensitive finger search for nodules, completing one DRE every four minutes.

Breast Centers that have sprung up in many cities use teams of doctors and technicians to screen large numbers of women who come regularly to submit to a somewhat painful mammogram (mammograms aren't

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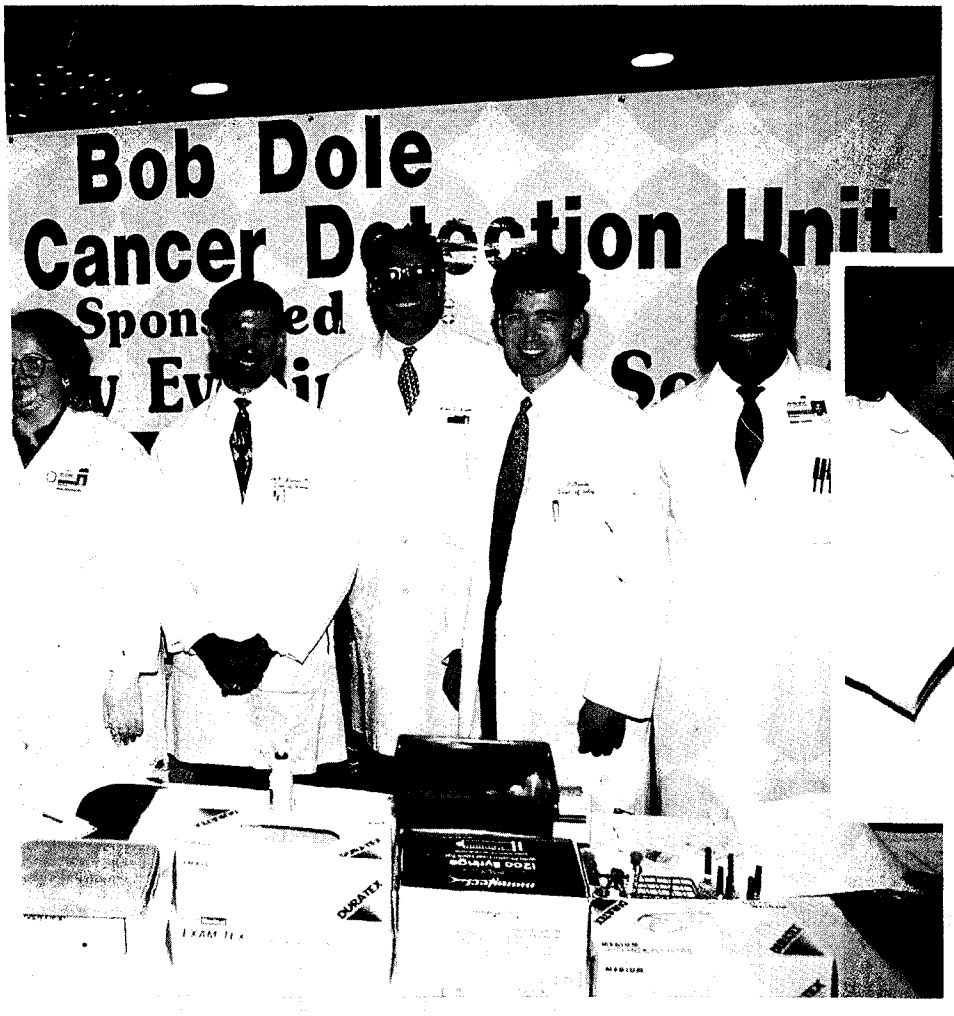

"Test me," said Dr. Louis Sullivan (right), Secretary of Health and Human Services, when he came to our booth to be tested in Houston. Dr. Sullivan is an enthusiastic supporter of our campaign to get men tested for prostate cancer.

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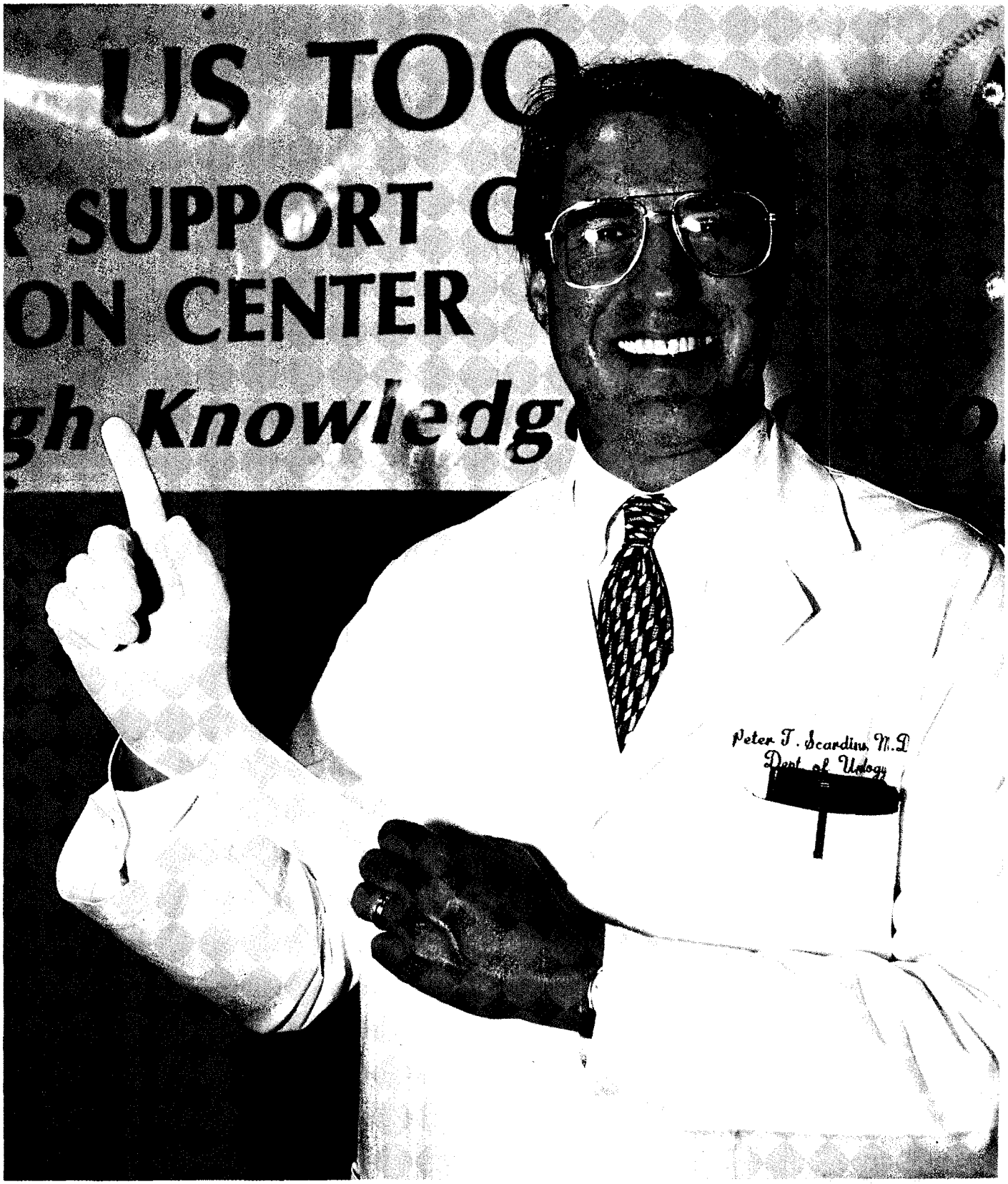

World renowned urologist Peter Scardino, of Baylor and Methodist Hospital in Houston, donned a glove to do DRE screenings in the "little room." "It's fabulous to see what Bob Dole has done for prostate cancer just by raising the public consciousness," Dr. Scardino said.

Give a Health-Felt Gift

Send this PSA Gift Certificate and Christmas card to your favorite man. This Christmas gift might help you enjoy his company longer. Just cut out the card, fold the page, and mail now. You'll be letting him know how much you care.

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GIFT CERTIFICATE

To

_____

This Certificate entitles you to a paid-in-full PSA Test from the doctor of your choice.*

With Love,
From

_____

☐Send me the bill for your PSA ☐Ask your doctor to bill me ☐Check enclosed

**Prostate Specific Antigen*

Here's wishing you a Merry Christmas and a Happy New Year.

Please stay healthy and take care of YOU!

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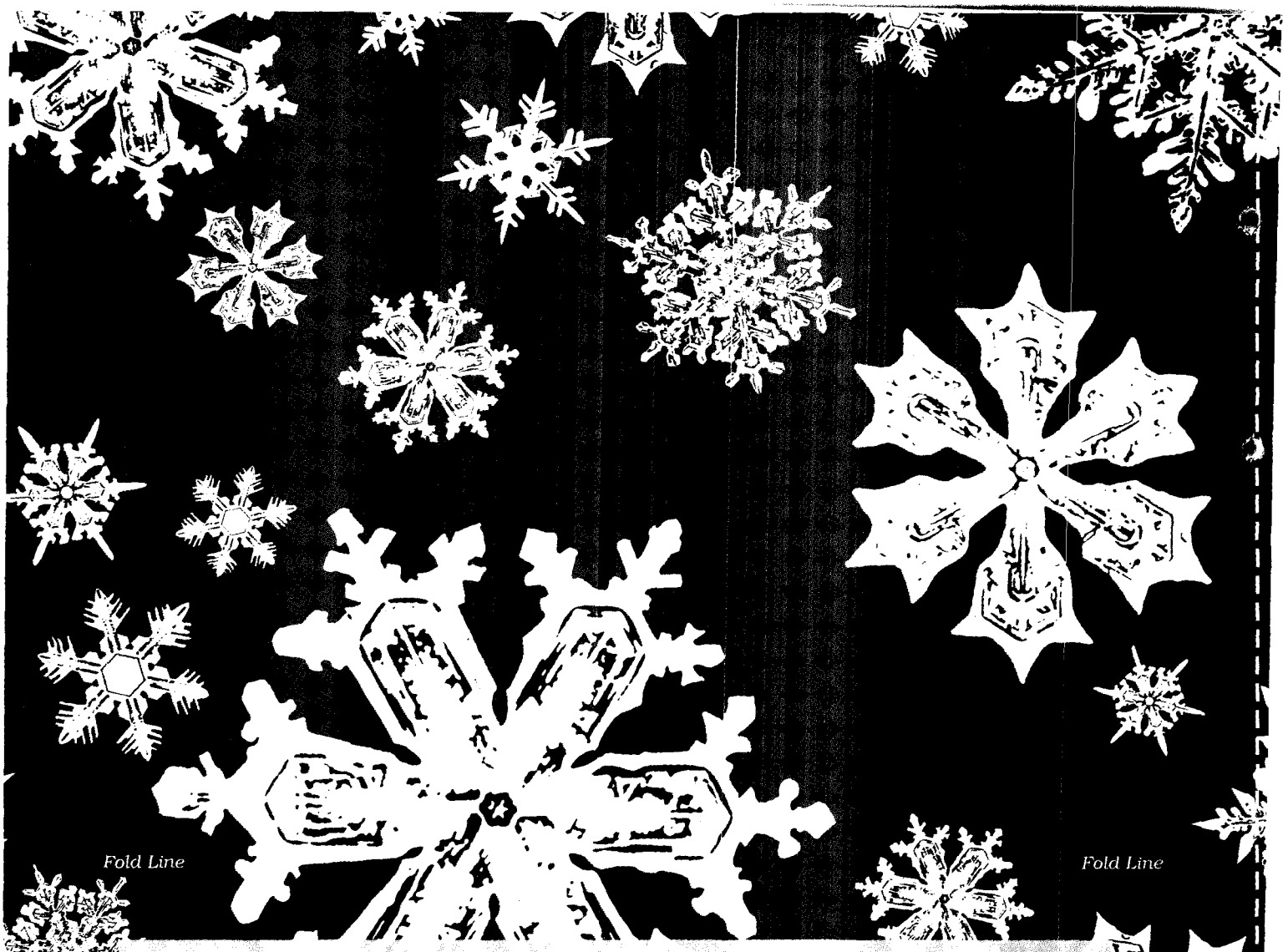

From

Place Stamp Here

To

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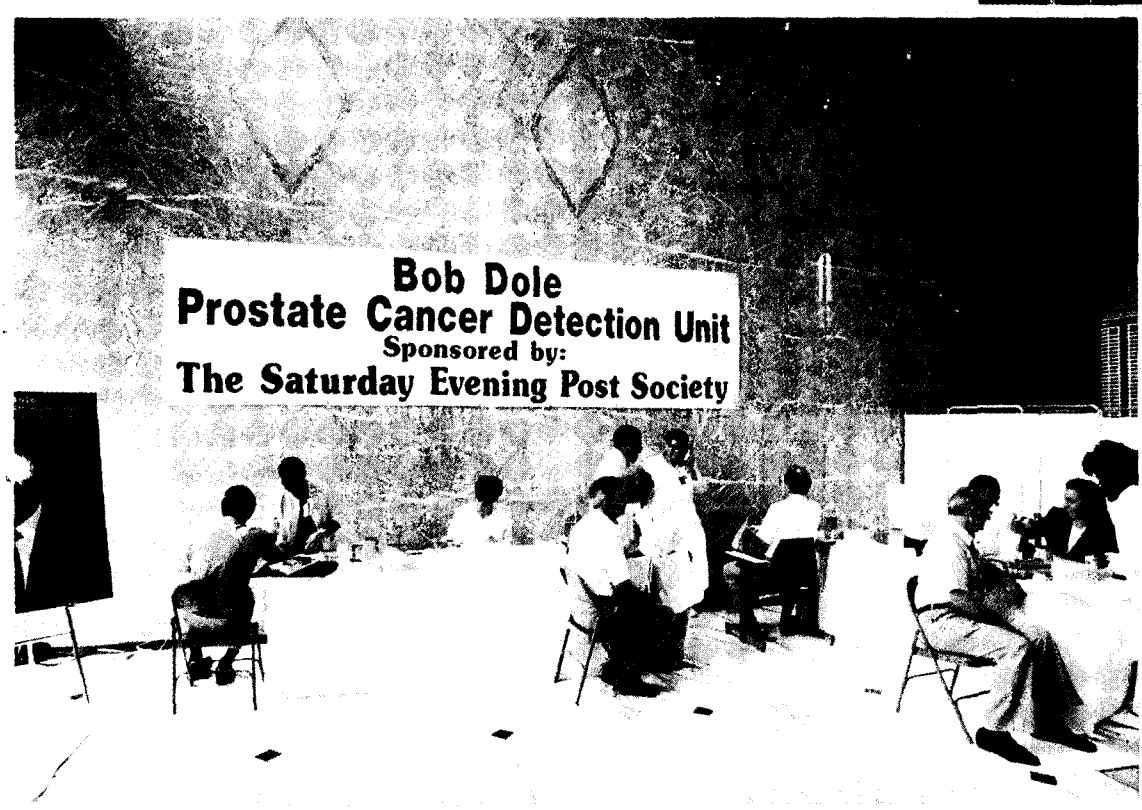
A mobile van or a bank lobby or a state fair booth will do just fine. In Indianapolis, Bob Dole's presence encouraged 384 men to be screened in one morning; 2,040 men were screened at a Midwestern state fair.

Elizabeth Dole, president of the American Red Cross, spearheads hurricane disaster relief while her husband ponders another national disaster: 34,000 prostate cancer deaths yearly.



Men lined up on Monument Circle to enter the Bank One lobby for testing. "We need more phlebotomists!" insisted Bob Dole. An adjacent health club provided privacy for DREs. St. Vincent Hospital provided staff.

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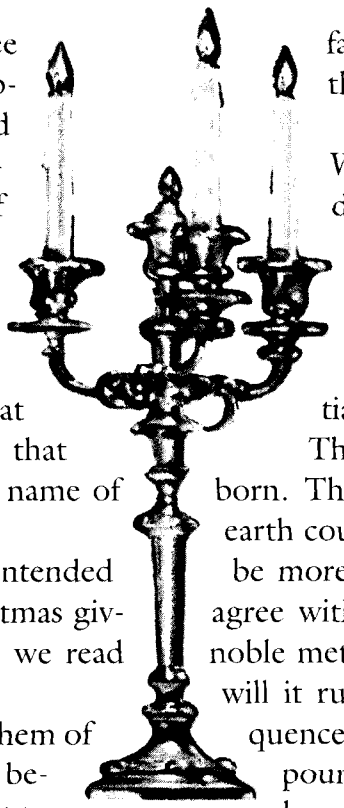
GOLD, FRANKINCENSE AND MYRRH

by Donald Culross Peattie

Illustrations by J. C. Leyendecker



Beneath the fragrant Christmas tree lie piled the gifts in their gay wrappings. Eager hands reach for them, and the children seize their own with innocent greediness. But in this first glow of the holy morning, before we tear at the bright papers and ribbons, let us pause to remember the meaning of presents on Christmas Day. It is very ancient, as old as the gospel itself. A gift given at Christmastime symbolizes the love that Christians bear to one another, in the name of One who loved them all.

Wise men indeed were they that first intended this, and wise men were the first Christmas givers. Only in St. Matthew's Gospel do we read about them, and he tells it in this wise:

"Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, there came wise men from the east to Jerusalem, saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him."

Thus begins the second chapter of Matthew; and later the apostle adds:

"When they saw the star, they rejoiced with exceeding great joy. And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh."

How strangely scented and melodiously ringing are those three names! All the distant East, all the splendor of kings, the mystery that lies in things faraway and long ago, come to us in those syllables.

Myrrh, and frankincense, and gold! Why were these things chosen? Whence did they come? And what, in actuality, are they?

They are emblems of princely generosity, costly now as in ancient times, and still surviving at many a Christian altar.

The Magi brought their best to the Newborn. They must have felt that nothing poor earth could offer to the King of Heaven would be more appropriate than gold. Well may we agree with them today, for gold is one of the noble metals. No single acid can destroy it, nor will it rust away, like iron or tin. As a consequence, it is almost never found as a compound, but in free nuggets or as dust, or alloyed with such metals as mercury or silver. No one can successfully imitate or fake gold, so heavy and incorruptible is it. And it is a metal easily turned to the uses of beauty. It has been woven into fabrics at least since Biblical times (Exodus 39:2-3), for its ductility, as chemists say, is so grea that a single grain of fine gold may be drawn out into a wire 1/1000 of an inch in diameter, extending for a length of about one mile.

Pure, supple, almost indestructible, gold is indeed a royal metal among all the base ones occurring in the earth's crust.

The expert hammer of a goldbeater, whose ancient art is referred to by Homer, can beat ar ounce of gold into a sheet two hundred fee square, a mere shimmering film. Ordinarily, such

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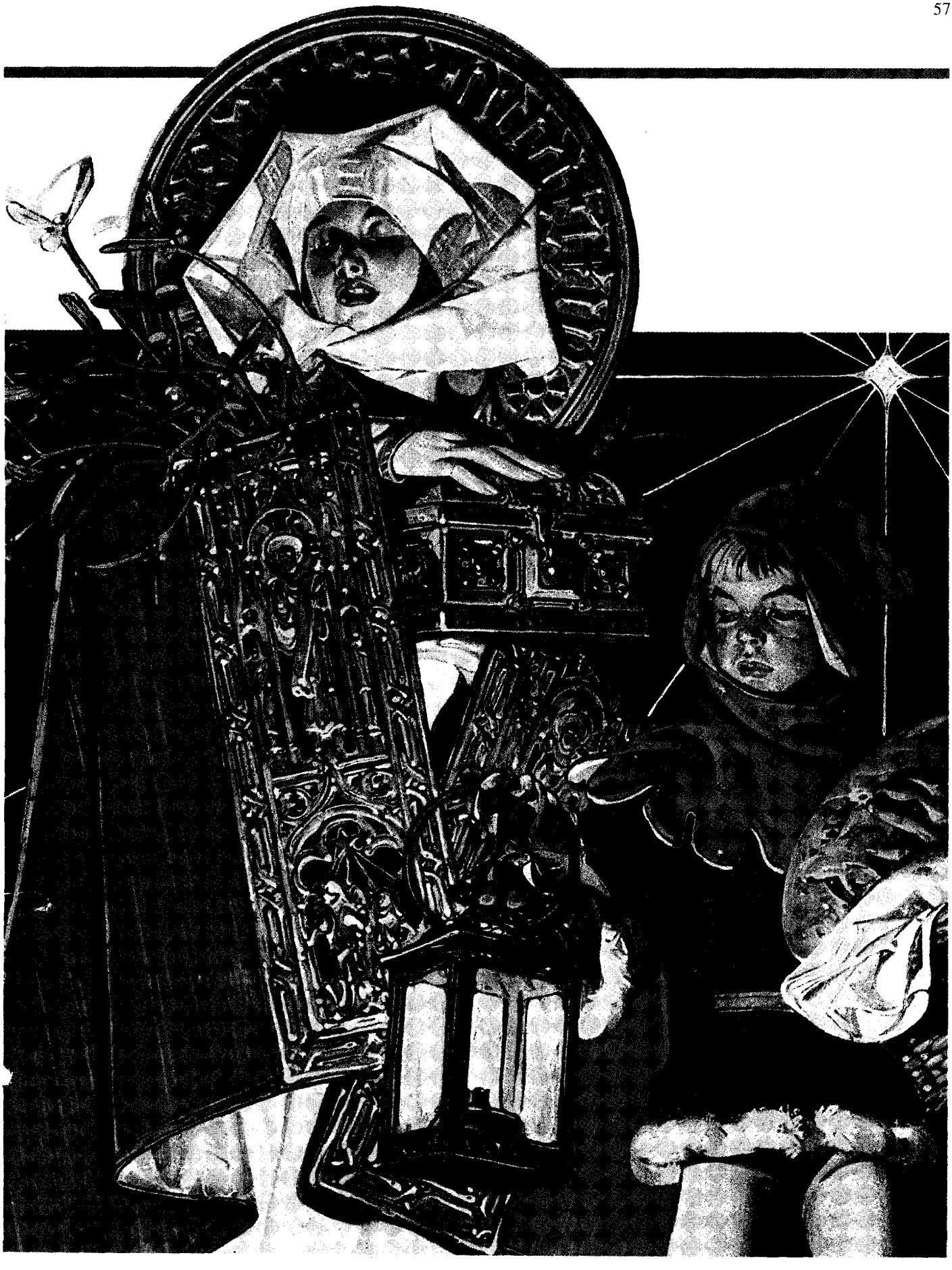

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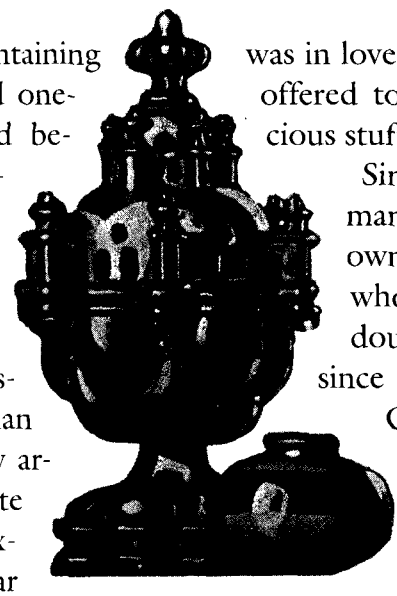


beaten gold is made into "books" containing twenty-five leaves apiece, each three and one-quarter inches square. When pure gold becomes this thin, it will transmit light almost like glass, but dimly, letting only the green rays through. With this gold the artist gilds his statue, the bookbinder stamps the title on his fine volume.

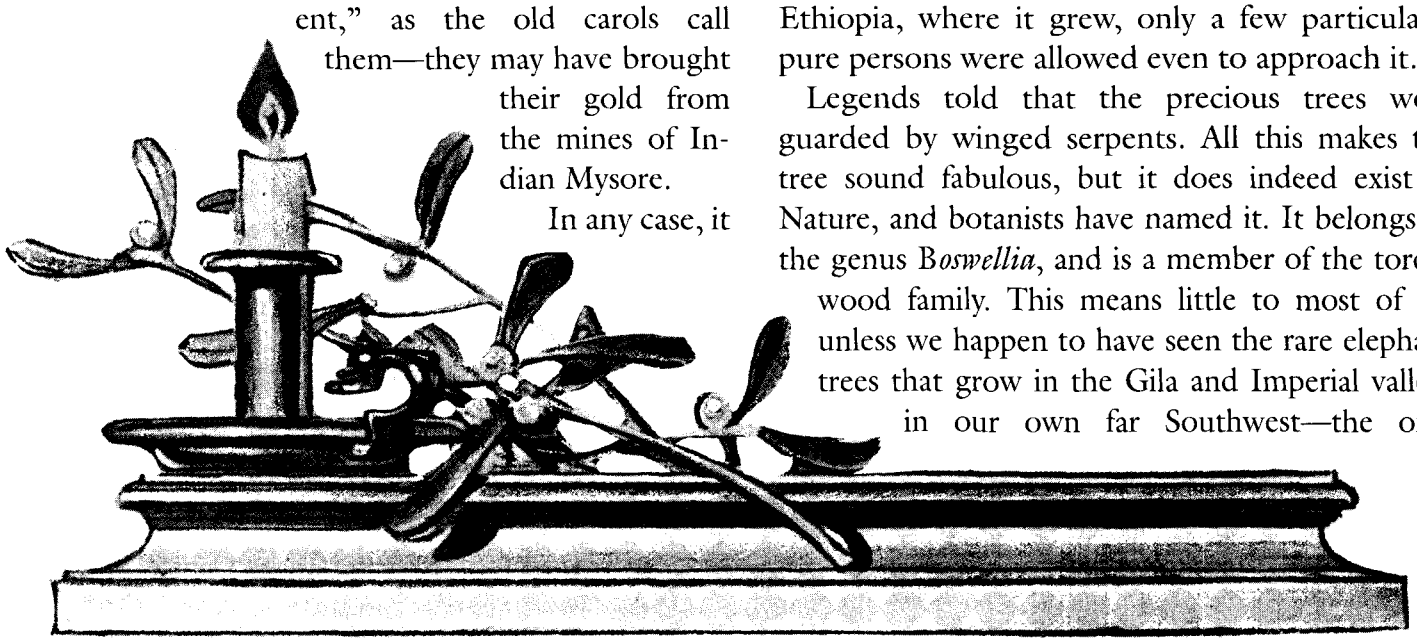
In the ancient world into which Christianity was born, gold was far rarer than now; the golden ornaments retrieved by archaeologists from graves in Troy or Crete or Egypt were royal or noble treasures exclusively. Not every wife, then, could wear a precious little band on her fourth finger. But as gold became a medium of exchange, it traveled the world. It came to Palestine from Egyptian Nubia, which we call the northern Sudan; also from the Midianites, who wandered through what is now central Jordan, south and east of the Dead Sea. Where did the Three Wise Men get it? As we are not sure where they themselves came from, we can but guess that—if they truly were "kings of Orient," as the old carols call them—they may have brought their gold from the mines of Indian Mysore.

In any case, it was in love and reverence that the Wise Men offered to the Christ Child the most precious stuff the ancient world knew.

Since those same ancient days, also, many have believed that "incense owns a Deity nigh." No one knows who first lit incense to his God, but doubtless he who did it reasoned that, since all of us enjoy agreeable smells, God probably liked them too. So as times grew less savage and the rituals of worship more spiritualized, burning incense was substituted for the smoke of sacrificial flesh upon the altar. But that sweet reek was not common until the time of Jeremiah. After his day, it was made from an expensive and elaborate formula, containing sixteen different ingredients, with only priests allowed to concoct it. And the chief element in this holy recipe was frankincense, the second gift of the wise men to the Child.

Frankincense is a resin, from a kind of tree held so sacred of old that in southern Arabia and Ethiopia, where it grew, only a few particularly pure persons were allowed even to approach it.

Legends told that the precious trees were guarded by winged serpents. All this makes the tree sound fabulous, but it does indeed exist in Nature, and botanists have named it. It belongs to the genus *Boswellia*, and is a member of the torchwood family. This means little to most of us, unless we happen to have seen the rare elephant trees that grow in the Gila and Imperial valleys in our own far Southwest—the only



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members of the family native to the continental United States.

To conjure up a frankincense tree, think of a tree about fifteen feet high, with a patchy bark like a sycamore's. It is as crooked as a snake and all but leafless. The few leaves are compound, like those of an ash, and they sprout at the end of the crazy twigs. The flowers and fruit vaguely resemble a cherry's, although this tree is neither sycamore nor ash nor cherry; indeed, the scaly bark and contorted limbs remind one more of some archaic reptile than of the pleasant shady comfort that we call a tree.

To obtain the precious frankincense itself, an Arab cuts a slash in the trunk, as a Vermonter cuts a maple, and then strips off a narrow piece of bark, about five inches long, below the cut. The sap slowly oozes out and is allowed to harden for about three months. At last it is collected in lumps, to be shipped from such strange and faraway places as Berbera and Aden, near the mouth of the Red Sea, and Bombay.

These lumps are yellow or colorless, dusty-looking, with a bitter taste. But they burn with a bright white flame, and then there arises to heaven that sweet, heavy perfume of mystery the Wise Men thought pleasing to God.

This ritual of burning frankincense had been beloved of the Old Testament worshippers long before the night of the Star and the journey of the three wondering Magi toward it in the dark. But Christians did not adopt frankincense till five whole centuries after the Nativity. It is, however, approved for use in the New Testament. Today it finds a place chiefly in the Catholic Church, whose shrines are still full of its perfume. Incense today is compounded partly of the real frankincense and partly of the resin of a very different tree, the spruce fir of northern Europe.

Nowadays the source of true frankincense is not so much Arabia and Ethiopia as the island of Socotra off Africa's eastern tip—a remote, mountainous, harborless island of stones and thorny thickets, where the frankincense trees were, at least until recent times, guarded by the subjects of an Arabian sultan.

From this same distant part of the world comes the last of the gifts of the Magi, myrrh, a shrub related to frankincense, of the genus *Commiphora*. The sap of myrrh is extracted in the same way as that of frankincense, and it comes in small lumps of reddish-brown resin. But its symbolism is more somber. The word myrrh comes from the Hebrew *mar*, meaning "bitter." The ancient Egyptians used this resin in embalming, and hence its connection with solemn occasions. Was this a strange gift for an Infant King? Not for one destined to die for his people.

Such were the first of all Christmas presents, birthday presents to the little Lord of Light. They were offered in a spirit of wondering humility and love.

In all that we ourselves may give, gaily in the modern manner, may there linger too some sweet savor, some hidden glint, of the greater love that gives the celebration of Christmas its real meaning!

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USE IT OR LOSE IT

Aging is a self-fulfilling prophecy, and only you can decide the kind of person you'll become.

by Walter Bortz, M.D.

Illustration by Norman Rockwell

While most of us are growing older, some of us are growing younger. We have only to look around us to see older runners, older athletes, and older individuals in general achieving great things and showing us how good growing old can be.

Aging is a self-fulfilling prophecy. If we dread growing old, thinking it a time of forgetfulness and physical deterioration, then it is likely to be just that. On the other hand, if we expect to be full of energy and anticipate that our lives will be rich with new adventures and insights, then that is the likely reality. *We* prescribe who we are and what we are to become.

Runners have always been in the forefront of the redefinition of what aging is all about. Last summer's World Veterans Championships in Eugene, for instance, showcased thousands of older runners who have chosen to prescribe a life of continued vitality and challenge. Each June, at the grueling Western States 100-mile race, my wife and I are privileged to present the awards to the oldest finishers—runners who are usually in their late 60s. Helen Klein, now 67, is a regular winner in the women's division.

Runners up to and including age 98 are setting age-group records at major marathons. Two nonagenarians ran the New York City marathon last year. Who will be the first centenarian to run a marathon? Paul Spangler, M.D., seems the most likely.

As runners continue to push the limits of athletic accomplishment further and further along in years, we begin to question our perceptions of old age. What we are now realizing is that almost everything we have thought about growing old has been wrong. What we once considered to be marks of aging, we now know are the results of disease or disuse.

For example, 100 years ago, it was thought that getting older meant you were likely to get tuberculosis because so many older people had it. More recently, old age has been blamed for hardening of the arteries and Alzheimer's disease. But we have come to realize these are treatable diseases and not the side effects of growing older. My particular interest in aging has focused on the relationship between disuse and aging. My initial interest in this connection was sparked by a personal experience. Twenty-five years ago I strained my right Achilles tendon in a skiing accident in Vermont. My leg was in a cast for six weeks afterward. When

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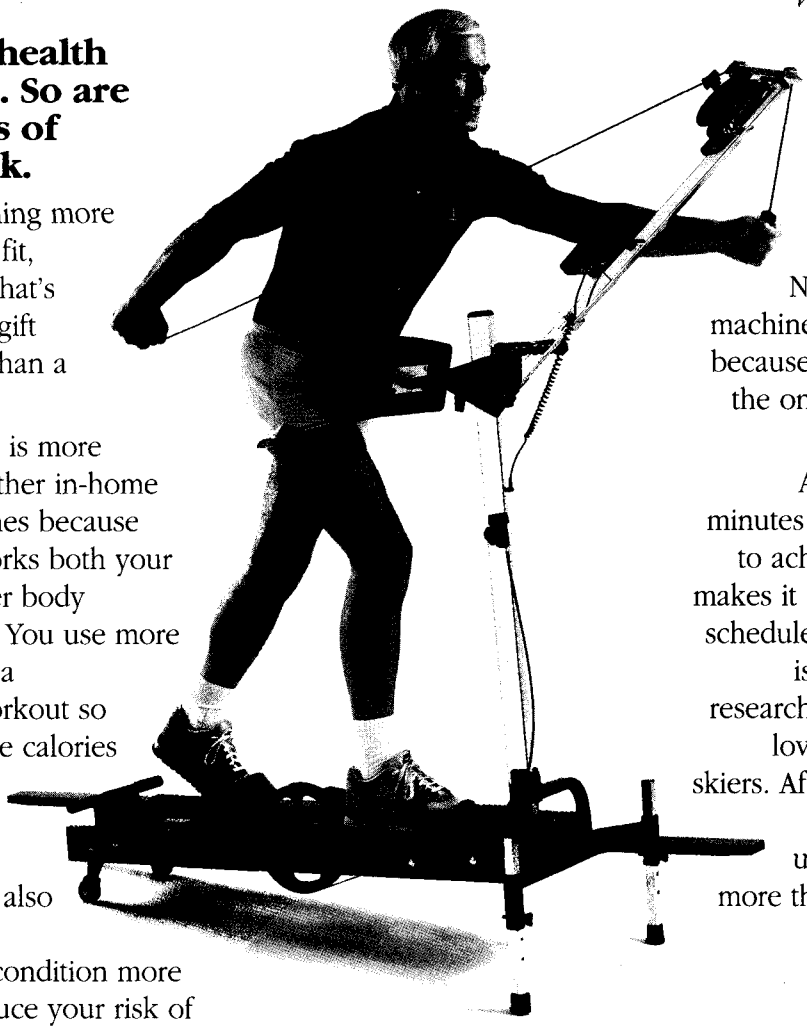

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the cast was removed, I looked down and stared in horror at my withered, stiff, painful leg.

"My God, whose leg is that?" I cried. "It can't be my leg. That's an old leg." But it wasn't old. The other leg was just as old, and it was fine. My right leg had deteriorated rapidly because it had been in a cast, and I had been unable to use it.

My interest in aging and disuse grew while on a six-month sabbatical at the Louis Leakey Institute for the Study of Prehistory in Nairobi. I went there to study the physical activity patterns of primitive man and woman. What we concluded was that for most of our evolutionary past (99 percent), our ancestors lived very active lives. They had little choice, given the fact that numerous dangers threatened their lives daily. As Darwin taught us, only the fittest survive. These were probably the alpha runners who were best able to hunt and avoid being hunted.

In 1984, I took all the pieces of information I had gathered over the years and compiled them in a review paper titled "Disuse and Aging" for the *Journal of the American Medical Association*. Briefly stated, what I found is this: If you take a master sheet of paper and record on it all the changes in the human body that are ascribed to aging—changes in the muscles, bones, brain, cholesterol, blood pressure, sleep habits, sexual performance, psychologic inventory, and so forth—and then compile a similar list of changes due to *physical inactivity*, you will notice a striking similarity between the two lists. The near duplication of the lists shows that many of the bodily changes we have always ascribed to the normal aging process are in fact caused by disuse.

The Disuse Syndrome

A host of physical conditions can be attributed to disuse. I have grouped them together in what I call the Disuse Syndrome. Syndrome is a medical word denoting a set of conditions that are often found together and have a common cause. The five components of the Disuse Syndrome are cardiovascular vulnerability, musculoskeletal fragility, obesity, depression, and premature aging.

Of all the functions of the human body, the most vital is our ability to extract oxygen from the air and move it through our lungs, heart, and blood vessels to the tissues where it is used to fuel our metabolism. We can live substantial periods of time without food or water, but we can live only a few precious minutes without oxygen.

Exercise physiologists have taught us that physical conditioning determines how well our bodies transport oxygen. Their studies have proven that fitness represents a 40-year age offset. Said another way, a fit person of 70 has the same oxygen carrying capacity as an unfit person at 30. Using various treatments and medicines, a physician can improve an individual's ability to take up and transport oxygen and increase blood oxygen content by 5 to 10 percent, but that is only a fraction of what you can accomplish through exercise and increased fitness.

Exercise keeps your musculoskeletal system strong, too. Another myth of aging is that as you get older, you become more fragile. But when you look at the bones of older runners, you see minimal loss of calcium. One of the laws of anatomy, Wolff's Law, named after the German pathologist who first proclaimed it, states: "The robustness of bone is in direct proportion to the physical forces applied to that bone." No wonder senior citizens who lead a domesticated, zoo-like existence often fracture bones in accidents in their homes, while those who are out running on the roads, tracks, and trails rarely break bones.

One of the most cited changes in the bodies of older people is a decrease in basal metabolic rate and in muscle mass. Certainly, for decades, we've seen many shrivelled and unenergetic persons among the older segment of the population. We took this to be the norm, and so most of our studies of older people were of these inactive individuals. Now, studies are being done on older athletes, and scientists have found that their metabolism doesn't slow down as much, and their muscle mass doesn't decrease as much. When such deterioration does occur, it's not the result of aging but, again, of disuse.

continued on page 82

AGE NOT

You can enjoy a long, healthy, active life. Here are the basic rules:

1 **Do at least 30 minutes of sustained, rhythmic, vigorous exercise four times a week.** Seek out patterns, times, places, and contacts that make exercise as much a part of your day as eating and sleeping.

2 **Eat like a bushman.** Return to the habit of eating what Mother Nature first laid on our tables: fruits, whole grains, vegetables, and *lean* meat.

3 **Get as much sleep and rest as you need.** Make quiet time a major priority. Exercisers, in particular, must acknowledge that their bodies require respite from workouts and the general clamor of the day.

4 **Maintain your sense of humor and deflect anger.** Make each day an opportunity for optimism for yourself and others. A positive mind-set creates the expectation that something good is about to happen and opens the door to new options for success.

5 **Set goals and accept challenges that force you to be as alive and creative as possible.** Nature operates in such a way that growth and living are nearly synonymous. When one stops, so does the other. Creativity is not confined to the first part of your life. In fact, accumulated knowledge and experience should make the later decades even more congenial to new accomplishment.

6 **Don't depend on anyone else for your well-being.** A well-developed sense of self-efficacy is the crucial link to a long and meaningful existence. We all need to maintain mastery, autonomy, and independence in our daily lives.

7 **Be necessary and responsible. Live outside yourself.** Beyond independence, we also need to see each day as a chance to help someone or something. Associate with other active, involved individuals. Sharpen your sense of duty to the Earth, which nurses us all.

8 **Don't slow down. Stick with the mainstream. Avoid the shadows. Stay together.** Universal law dictates that natural order is ordained by only one mechanism—a well-directed, purposeful flow of energy. Aging need not be characterized by loss. Maintaining your energy flow is the antidote.—*W.B.*

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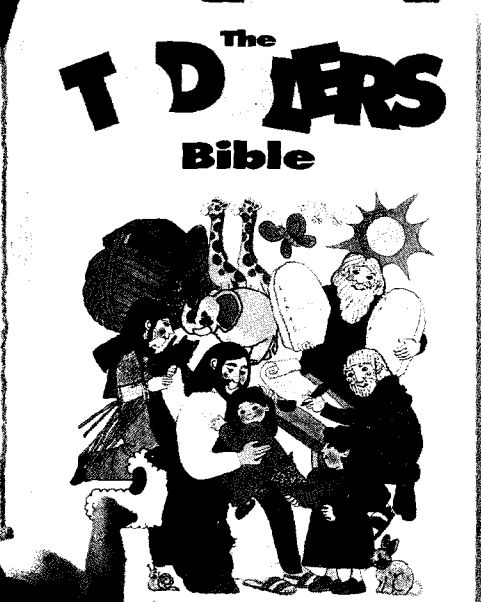

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OTC DRUGS CAN FOOL YOU

When combined with strenuous physical exercise, "harmless" cold and diet pills can turn into health risks.

by Carol Krucoff

Illustrated by Don Trawin

Before heading out to play tennis, you pop two aspirin to calm a sore back, swallow a decongestant to combat allergies, and wash it all down with a cola. Fifteen minutes into the game, your heart starts doing a mambo that won't quit. You consult a doctor and are shocked to discover that you have an irregular heartbeat triggered by excessive use of stimulants.

"A lot of people don't consider over-the-counter (OTC) drugs stimulants, but many are," says Doug McKeag, a sports medicine specialist and professor of family practice at Michigan State University. "One or two of them probably won't cause a problem for most people, but if you pile on board a cold pill, a diet pill, plus food with caffeine—like coffee or chocolate—then bingo. If you add on exercise, which to the human body is a stimulant, it's not surprising that some people slip into these arrhythmias."

Despite the widespread notion that OTC remedies are harmless because they are so readily available, many affect how the body handles exercise. Some drugs may impair coordination and judgment, others may enhance performance—although often at some risk. That's why the International Olympic Committee has banned six classes of drugs: stimulants, narcotic pain relievers, anabolic steroids, beta blockers, diuretics, and peptide hormones such as human chorionic gonadotropin, the equivalent of taking testosterone. Many commonly used OTC preparations fall under these prohibitions, including Actifed, Sudafed, Co-Tylenol, Dexatrim, Midol, Pamprin, Alka-Seltzer Plus, Vicks Inhaler, and herbal teas with Ma Huang (herbal ephedrine).

"We ban certain drugs because they can give athletes unfair advantage and they're risky," says psychiatrist Wade Exum, director of Drug Control Administration for the United States Olympic Committee. "Most of these drugs have acceptable alternatives."

While OTC drugs are typically safe when used as directed, Exum says, "these medications have both felt and unfelt side effects that can impair [people] without their even realizing it."

Of all the banned drugs, "stimulants are probably the most dangerous for the recreational athlete," Exum says. Stimulants, such as caffeine and pseudoephedrine, elevate the heart rate and are found in many nonprescription cold medicines, such as decongestants, and in other OTC remedies as extra ingredients. They are sometimes misused for their performance-enhancing properties, such as increased physical and mental arousal and delayed fatigue. "At high doses," Exum says, "OTC stimulants may result in undesirable effects like impaired concentration, insomnia, accelerated dehydration, and dangerously elevated blood pressure or heartbeat irregularities."

Popular diet pills Acutrim and Dexatrim are stimulants, notes George MonteLeon, assistant director of pharmacy at Mt. Sinai Medical Center in New York City. "The main ingredient is actually a decongestant used for its appetite-suppressant properties, then combined with caffeine," he notes. "It's not uncommon for dieters to take more than the recommended doses, and they're asking for trouble."

Another common problem occurs when active people take anti-inflammatory agents, like aspirin or ibuprofen, before a workout so they can train without pain. "If you rely on these agents to mask your pain, you may push yourself beyond a reasonable limit," MonteLeon says. Pain is the body's signal that something is wrong; if you try to block it out, you're setting yourself up for serious injury.

Antihistimines, which make some people drowsy, also may cause problems for exercisers. "The label often tells you not to operate machinery," MonteLeon notes. "It's a poor idea to take one, then go cycling or roller-skating."

Diuretics in preparations such as Pamprin or Midol cause the body to eliminate water, MonteLeon says. Exercisers taking these pills should drink plenty of water, especially in warm weather, since excessive water loss—dehydration—can be a serious health risk.

Before taking any OTC medication experts advise:

- ▶ Read labels and follow directions carefully.
- ▶ Consult your doctor if you notice undesirable side effects. Often, alternative drugs can be used.
- ▶ Never use drugs to enhance performance or mask pain.
- ▶ Check the caffeine content. If you take OTC drugs that have caffeine in combination with foods that contain caffeine—such as coffee, chocolate and colas—you could overload yourself with the stimulant.

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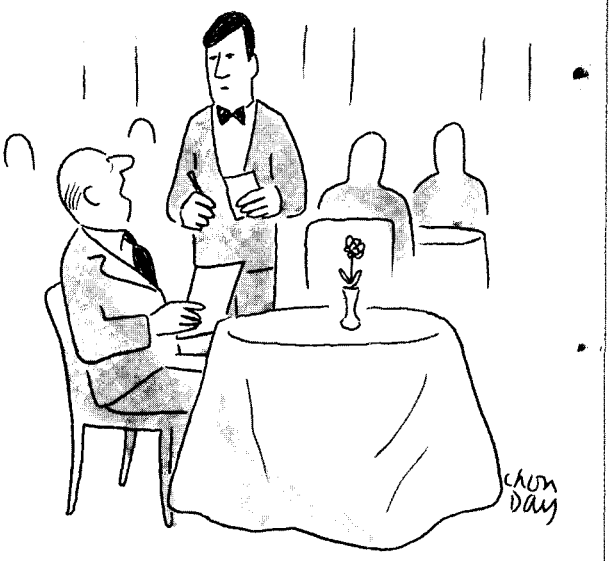
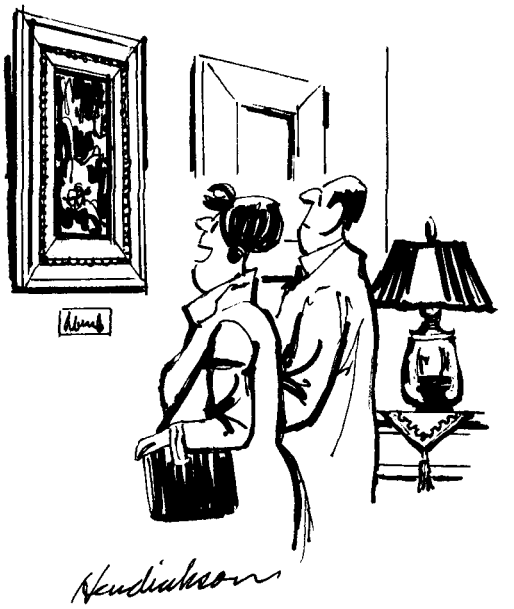


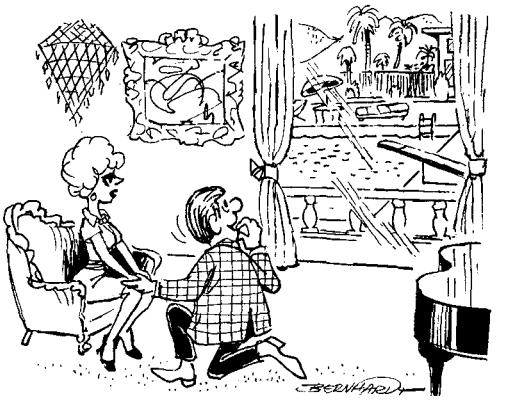
"I'll have the Nervous Economy Watchers' Special."

MONEY MATTERS

"The computer says we went into debt when we bought the home management software."



"They say she married him for his Monet."



"Darling, let me take you away from all this! On second thought . . ."

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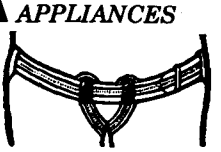

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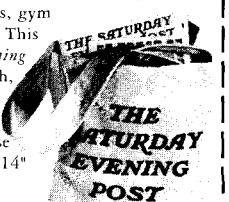

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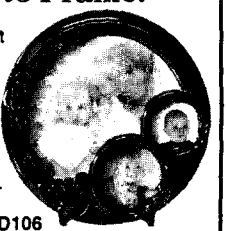

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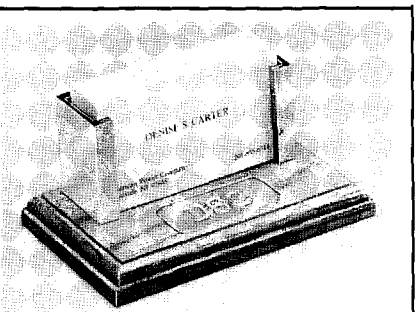

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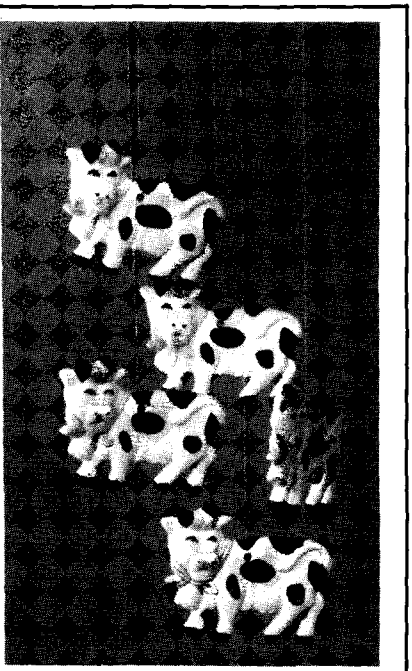

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ASIAN PENFRIENDS! Sunshine International Correspondence, Box 5500-XH, Kailua-Kona, Hawaii 96745. (808) 325-7707.

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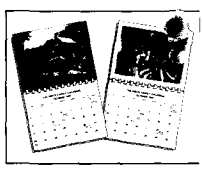
Sampler



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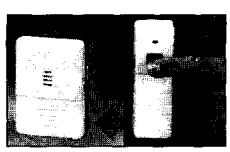

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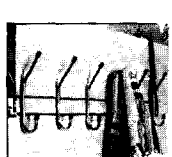

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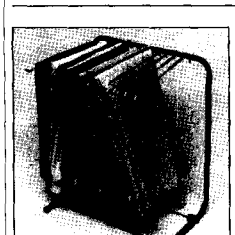

Rolling slack rac Hangs pants in unus space under shirts closet. Easily rolls o 12 vinyl-covered ar keep slacks wrinkle fr Enameled steel ra plastic rollers, 18" x 2 Easy assembly $15.9 $4.25 shpg.; 2/$3($7.50 shpg. Es House, Dept. P11-2E, Rahway, NJ 07065.

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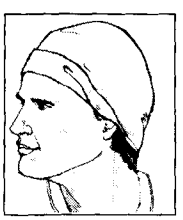
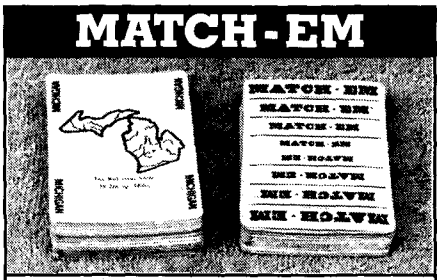


MATCH-EM



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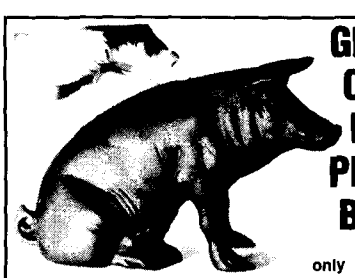

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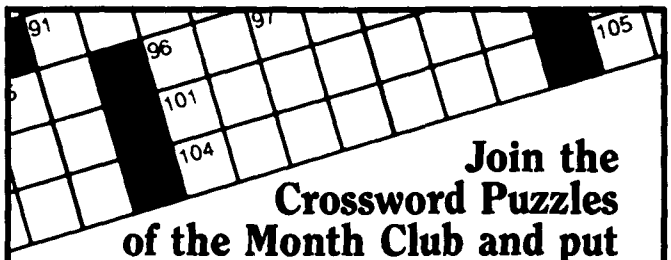

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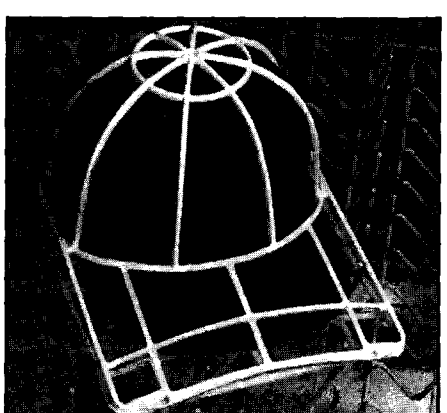

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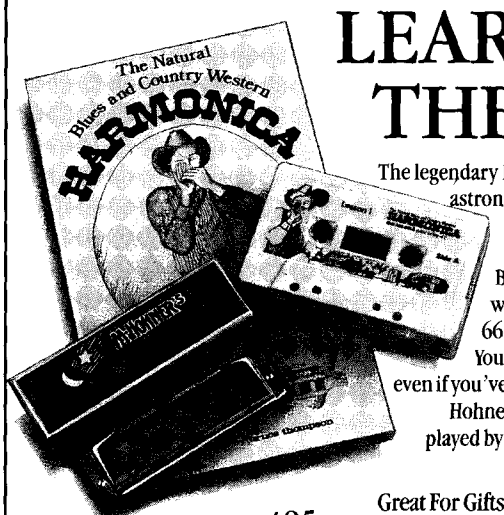
LEARN TO PLAY THE LEGEND.



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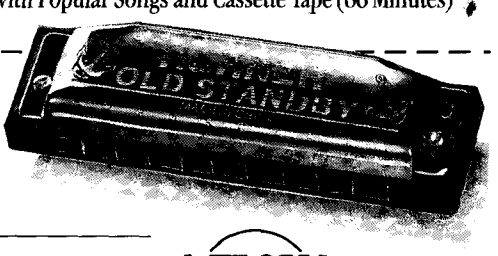

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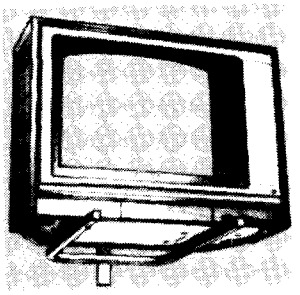

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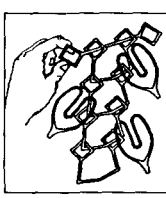

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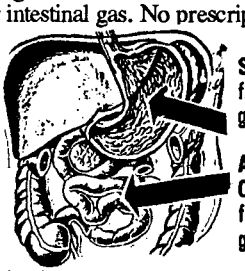

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The Stranger's Surprise

continued from page 47

out here."

They all went in. Flax looked a bit mistrustful, but, as the stranger had entered with his master, he was too well-mannered to raise his voice to him.

"This is Ad Higgins," Mike introduced, "a friend of mine. I think he'll be one of yours too. He's going to spend Christmas Eve with us and help trim the tree. That is, after you rascals are in bed, of course.... Mildred, do you think you can manage an extra plate for dinner?"

"We can always manage another plate for dinner," said Mildred. "Welcome, Mr. Higgins."

"Thank you, madame," said Adelbert Hugo. "It is a great honor for me to share this evening with your family."

Flax must have been the first to realize that Mr. Higgins needed attention. As soon as he had settled back in one of the easy chairs in the living room, Flax came over, sat beside him, wagged his tail and then rested his long muzzle on Mr. Higgins' knee. Rather startled, Mr. Higgins patted the dog's head. "He's a beautiful animal," he said. "I love dogs."

"Do you have dogs in your house?" asked little Evelyn.

"No," said Mr. Higgins regretfully, "I never could manage it. I don't have a house."

"Where do you live?"

Mr. Higgins mentioned an East Side residence hotel.

"Oh," said Evelyn pityingly, "you have to live in a hotel? That's tough."

"Not so tough when you live alone," said Mr. Higgins.

"Alone?" asked Jack, who was nine. "You mean you have no children?"

"No," said Mr. Higgins with a sort of sad smile, "I have no children."

"Don't you like children?" asked Lily, the oldest, with all the dignity of her thirteen years.

"Oh, yes," Mr. Higgins hastened to reply, "I adore children. I just never had any because I'm not married."

Now it was Mildred who looked rather stunned. "You are a bachelor, Mr. Higgins?"

"Yes, madame."

"But you don't look like one," she said smilingly.

"How does a bachelor look, madame?"

"We-e-ell," Mildred said, and stopped for a moment. "Kind of hard," she continued. "You know, bitter—lonely. You don't look bitter and lonely at all."

"I am glad," said Mr. Higgins. "I should not enjoy looking bitter or lonely. How could I, when I'm given so much attention?"

After dinner the children went upstairs and Mildred to the kitchen to help Mary with the dishes. The two men began to trim the Christmas tree. Mike brought out all the packages and started to unpack them. To his astonishment, Adelbert Hugo Higgins proved very adept at setting up toys for the children. In no time at all, he had assembled the entire miniature house for Evelyn and dressed the dolls.

"For a man who has never done this and hasn't any children, you show a lot of experience," said Mike, smiling.

"I have dreamed so often of doing it," said Adelbert Hugo. "You don't know how often I have looked at trains and——" He stopped.

"What were you going to say?" asked Mike.

"Well, I may as well confess," said Adelbert Hugo with the embarrassed smile of a thirteen-year-old boy. "Once I bought a train set the day before Christmas, and I spent Christmas Eve setting it up in my room, pretending it was for my own son."

"That's Jack's dream," Mike laughed. "He wants a big train with all the gadgets that go with it. I could have managed a small one, but that wouldn't do. So I bought him this space helmet and space suit. I'll try to persuade him that we live in a modern world where we rarely take trains but I know it won't be the same. The most modern child will still look under the tree on Christmas for an old fashioned train."

Mildred, finished in the kitchen, came in and admired their work. Mr. Higgins glanced at his watch.

"Oh, it is very late. I have to go," he said hastily.

"Now?" asked Mike, astonished. "What's the hurry?"

"Why don't you stay over?" asked Mildred. "We have a very comfortable guest room. And if you haven't any plans stay here tomorrow and spend the day with us."

"No, no, I couldn't do that," said

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Mr. Higgins. "That day belongs to the family."

"Well," said Mildred with a warm smile, "since you haven't one of your own, we'll adopt you as one of our family. You might as well accept us as foster relatives."

Mr. Higgins seemed to have acquired a sudden cold. He stepped to one side, drew out a large handkerchief and blew his nose several times.

Then he turned back and said, "Thank you. That was the most precious Christmas present I could ever have hoped to receive."

"Then it's a date," said Mildred. "You will stay?"

"It's a date—for tomorrow," said Mr. Higgins. "But now I have to hurry back to town."

Michael tried to protest, but Mr. Higgins' mind had been made up. So Michael drove him to the station after he promised to be there the following day at two o'clock for dinner.

"He seemed an awfully lonesome sort," said Mildred. "What a nice man."

"Yes," said Mike, "he's very nice."

"I hope you didn't mind my inviting him over tomorrow."

Mike took her by the shoulders and kissed the tip of her nose.

"One thing you have to leave to women," he laughed. "They always have the right intuition at the right moment."

And then he told Mildred the whole story of Adelbert Hugo Higgins.

The subject of their discussion had reached Manhattan in the meantime. He hailed a cab and, for one hour, traveled frantically around New York trying to find a store that was still open or any shop where he could obtain wrapping paper. His quest was in vain. It was nearly midnight when he entered his hotel and walked over to the desk.

"I'm in great distress," he told the clerk. "I need a lot of wrapping paper, Christmas paper and ribbon. The shops were all closed. Would you know who could help me out? Money is no object."

The clerk was unable to offer any advice. "I'm sorry, sir; I have used up my own already. I've got five kids; it takes a lot of wrapping paper."

"I know," said Mr. Higgins desperately.

continued on page 82

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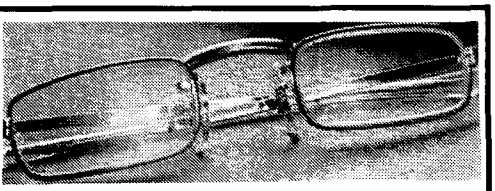

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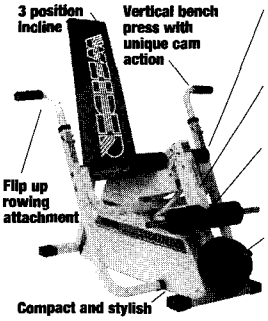
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Nationwide Grassroots Petition

A Message To The TV Networks From Your Viewers

We're Fed Up With Negative, One-Sided, Deceptive TV News!

We're a group of Americans who are sick and tired of how you in Television News, especially network anchors, are using slanted, biased, distorted TV news in a blatant attempt to manipulate public opinion the way you want.

We're fed up with the way you are denying the American people one of our most precious and fundamental rights: honest, fair, unbiased news.

And We're Not Going To Remain Silent Any Longer.

We're **ANGRY** at your constant **NEGATIVE** reporting about the economy and your emphasis on **BAD** news and **GLOOMY** forecasts. We think this distorts the truth . . . lowers consumer confidence . . . prolongs the recession and **KEEPS PEOPLE OUT OF WORK.**

We're **DISGUSTED** at the way you repeatedly showed us a video tape of Los Angeles police officers beating Rodney King but **EDITED OUT** the first part where Rodney King attacked the police. We condemn this attempt to portray white police officers beating a black man without cause. We believe it helped incite the riots in Los Angeles.

We're **MAD** at how you try to influence elections by always finding something **CRITICAL** or **NEGATIVE** to say about the candidates you want to **LOSE** . . . and **FAVOR** the candidates you want to **WIN**. We call that **ELECTIONEERING** instead of honest, fair reporting.

We're **ANNOYED** at how you seem to think **ONLY YOU** know what's best for America and mix your **OPINIONS** into what's supposed to be straight news. Just give us the **FACTS. WE'LL** decide what's best for us.

We're **UPSET** that for years your **OVERSEAS** reporting has been so misleading even foreigners get angry with you. Remember when the people of El Salvador shouted at U. S. news reporters, **"TELL THE TRUTH! TELL THE TRUTH!"**?

We're **FURIOUS** at the way you constantly play up anything you can find that will get the public to support the socialist, big-spending programs **YOU** favor and **WE** have to pay for.

We're **MAD** at how you continually **CRITICIZE** companies, institutions and people. Can't you ever find anything **GOOD** to say?

And we're **MAD** about the way you never stop finding fault with our country.

This is to advise you that We The People aren't going to remain quiet any longer. Alone we can't change you. But together we think we can.

We're asking every reader of this ad to help us run it all over America so you will **SEE** that there is a nationwide, grassroots uprising of outrage against negative, one-sided, deceptive TV news. If you see enough of these grassroots supported ads we think you will understand that the dishonest way you are using the news to manipulate public opinion is simply **NOT ACCEPTABLE** to the American people.

A Message To Readers Of This Ad

If you agree with what this ad says and you'd like to help in this nationwide protest, please join us. Help us run this ad in another magazine or newspaper.

At the end of every week we're going to send the heads of the TV networks and their famous news anchors, by certified mail, copies of each new ad that has run. They're going to KNOW We The People are outraged.

At the end of this effort we'll send them copies of ALL the ads along with a statement of the number of Americans who joined in this protest.

TV news, which is where 65 to 70 percent of the American people get the news, has been pushing our country in the wrong direction for too long. TV NEWS IS PART OF THE PROBLEM.

Right now mail the PROTEST on the right. Please enclose a tax-deductible contribution to help pay for another ad.

This is an all volunteer effort. We need your help. There are no salaries. Your tax deductible contribution will be used exclusively to pay for another ad. Make YOUR VOICE heard. Mail the protest to us TODAY.

Nationwide TV Protest, Dept. 1-A
1275 K Street, N.W., Suite 1150
Washington, D.C. 20005

GRASSROOTS PETITION TO THE TV NETWORKS

Yes! I am fed up with negative, one-sided news designed to manipulate public opinion. I want to be part of the Nationwide TV Protest and help you run this ad all over the country. You agree to notify the TV networks every week of the progress of this effort and you agree that not one penny will be used for anything except to pay for the ads. With this understanding I am enclosing my tax deductible contribution of $_____ to help pay for another ad and help bring back to TV one of our most precious rights: honest, fair, unbiased news.

Name _____

Address _____

City _____ **State** _____ **Zip** _____

P.S. It's the total number of these protests which come in that is important. We will not give your name to the networks or their anchors or sell or rent your name to any other organization.

A project of Accuracy In Media, Inc., Reed Irvine, Chairman

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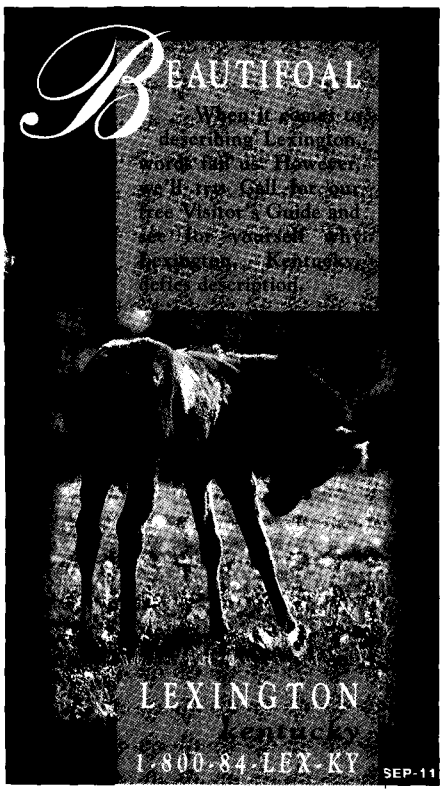

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THE OTHER SIDE OF LAS VEGAS

Waterhole #17 or desert oasis? This boom town has turned the tables on glitz and proven that life can be more than fun and games.

by John McCollister

The taxi ride from McCarran International Airport to the Sahara Hotel takes less than 15 minutes, but that's long enough for most first-time visitors to get a picture of Las Vegas much different than they expected. This is especially true if your driver is someone like Murray Cohen. Cohen, a 14-year veteran behind the wheel of his Checker Cab, has transported his share of the 21 million visitors who flock to this international playground each year.

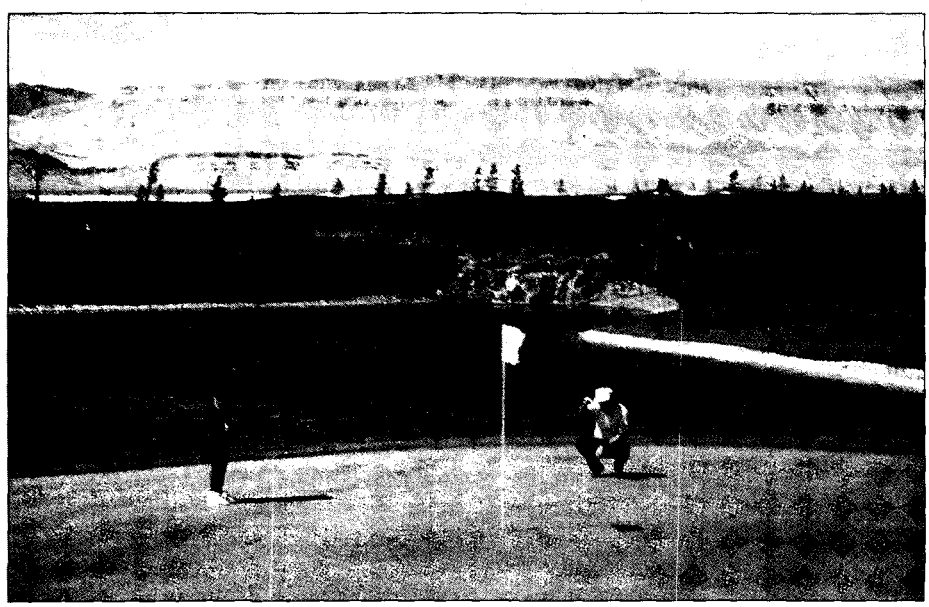
"Welcome to America's greatest city," he says with more than a hint of pride as he pulls away from the curb. "You may be surprised at all you find here."

One look at the surrounding scenery convinces you that he is right. The city is much more than a single strip of concrete, lined with the flashing lights of casinos. It's massive, with houses and shopping centers catering to the needs of the 880,000 permanent residents. Even more impressive are the large numbers of churches, synagogues, schools, and public-service centers.

The geography is awe-inspiring in its natural beauty. The desert community rests in a huge bowl encircled by mountains, the most dominant being the towering Mt. Charleston.

But this is just the beginning of revelations for those introduced to Las Vegas only through the media. The press often focuses on the alleged problems of the desert oasis—gambling, gangsters, and ladies of the night—where morals supposedly melt like ice cream cones on the sidewalks in mid-August. The real Las Vegas promotes a staunchly conservative sense of values that insists upon a nightly curfew for youngsters and boasts an ordinance mandating its judges to double the sentence of anyone convicted of committing a crime against a senior citizen.

This is not to imply that the city is old-fashioned or lacks progress. "It's just the opposite," says Peter Thomas, president of the Valley Bank of Nevada. "Las Vegas is made up of a lot of people who don't know the meaning of the words 'can't' or 'won't.' " Thomas, who has been



The games people play in Vegas are not limited to blackjack and keno. Here, a visitor prepares to putt on one of the areas's 21 golf courses.

To many tourists, Las Vegas means the Strip—a 3.5-mile-long avenue lined with some of the most glamorous watering holes in America.

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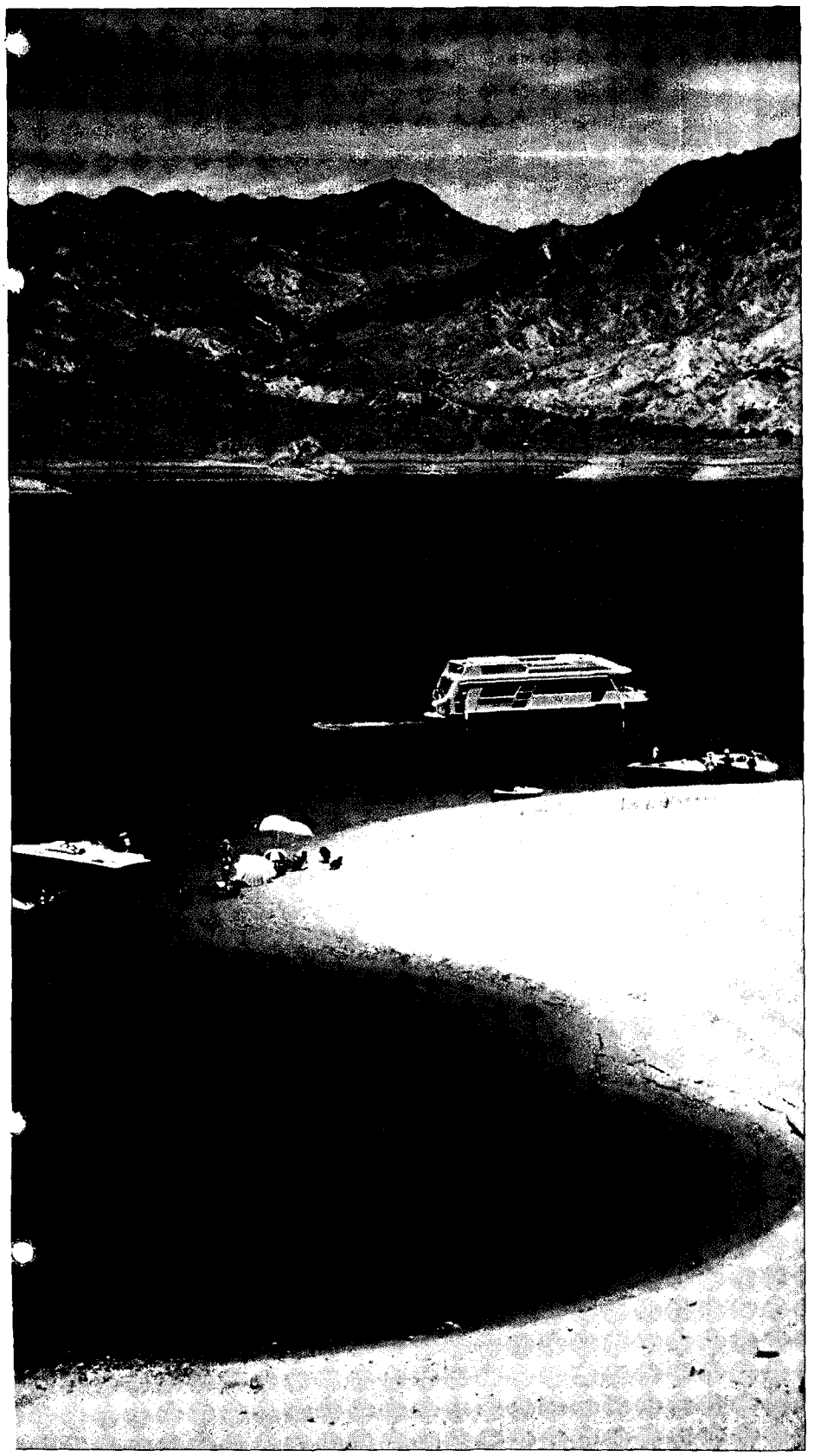

Flights are available across Hoover Dam and Lake Mead. For a closer look take a bus tour to the site, then enjoy a cruise that includes a buffet lunch.

instrumental in helping new business owners establish themselves in the area, explains that any city that houses a few progressive people will normally have a vast majority who dig in their heels for the sole purpose of maintaining the status quo. But in Las Vegas that element is missing or is such a minority that it plays no significant role.

"There's a genuine partnership for progress between the political, educational, and business ends of the community," claims Thomas. "One of the reasons is that our citizens must deal with one of nature's more unforgiving environments—the desert. Frankly, each resident knows that he or she could perish without community cooperation."

Peter Thomas is one of many zealots who resort to superlatives when describing the "other side of Vegas"—a side unknown by most, but even more fascinating than the obvious glitz and glitter of the famous "Strip." And once visitors allow themselves to see this other side, they fall in love with the city, its people, and the positive attitude toward life that exists here.

Formerly, Las Vegas (Spanish for "the meadows") was just a railroad town—a stopover known as "Water-hole #17"—for trains that had to take on water at this halfway point between Salt Lake City and Los Angeles. The city has grown tremendously since then and community pride is obvious. Residents point out that the city has more churches per capita than any other city in the world—237 churches and synagogues serving 40 denominations. Priorities include education, as reflected by the 164 public schools, making up the country's 14th largest school district.

Of course the recreational opportunities are legendary. Visitors can expect an 86 percent chance of sunshine—pretty good odds even in Las Vegas. Clear skies lure vacationers outdoors. Twenty-one of America's most beautiful golf courses challenge amateurs and professionals 365 days a year. There are natural wonders such as Red Rock Canyon State Park, 15 miles west of the city, the setting for a 3,000-foot-high mass

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of multicolored pinnacles and boulders that jut from the canyon floor. Lake Mead, the largest man-made lake in the Western Hemisphere, is a half-hour drive away. One of the seven man-made wonders of the world, Hoover Dam, is only 30 miles southeast of Las Vegas, and is a favorite spot for tourists.

Landmarks are only part of the story. The other side of Las Vegas is dynamic because of the creative ideas of its city leaders. Not long ago, city fathers became disturbed at the negative reports of would-be high rollers who lost fortunes with a toss of the dice or spin of the wheel. Determined to attract more family-oriented visitors, they decided to include one hotel on the Strip geared primarily for "children of all ages." Thus was born "Circus Circus," featuring clowns, animals, jugglers, magicians, acrobats, and trapeze artists.

"You can't get an idea that's too big for Las Vegas," says a native New Yorker who relocated more than a decade ago.

Unfortunately, ideas in themselves mean very little unless they're put into action. Las Vegas is one city where the people are not afraid to take risks. In most instances these risks have paid big dividends through what residents call a "can-do" spirit.

"This is the most aggressive, optimistic, bullish city in America," says Dr. Robert C. Maxson, president of the University of Nevada, Las Vegas—the nation's fastest growing public university. In 1969 the enrollment was a piddly 1,059; today the student population exceeds 15,000.

Maxson knows from personal experience that a good idea will get attention and action. When Maxson first stepped on campus in 1984 he discovered that 48 percent of graduating seniors from Nevada's high schools left the state to attend college. He was particularly disturbed that only six of the state's valedictorians chose to attend UNLV. At a speech given at a local service club, the wiry, almost slight president whose handshake could crush rocks, mentioned, "We must stop the 'brain drain.' We give scholarships to those who run fast and jump high. Why can't we give a $10,000 scholarship to every valedictorian who elects to attend one of our state universities?"

Good idea. Only one thing was missing—the money.

News reached the concerned citizens, including one sympathetic woman who knocked on Dr. Maxson's office door and calmly announced she was giving a $1 million endowment to provide the necessary funds for valedictorians who chose to accept the offer.

The idea worked. In a two-year period, 41 valedictorians enrolled at UNLV.

Sheriff John T. Moran saw another need. Before his election as the county's chief law enforcement officer, he knew that tourists were often accosted by a parade of prostitutes in front of the hotels along Las Vegas Boulevard. This had to stop if the city expected to attract families. In less than 21 days, Sheriff Moran and his staff literally cleared them from the streets. Today, a father and mother can walk any street of the city with their children without fear of being embarrassed.

Las Vegas certainly is not without its shortcomings. Former two-time governor, now executive editor of the *Las Vegas Sun*, Donal "Mike" O'Callaghan admits that gambling has brought some problems. "But corn brings its share of problems to Iowa; cars to Detroit; oil to Texas. Yet," says this tough, decorated ex-Marine who lost a leg during the Korean War, "we have been able to meet these problems head-on. I, therefore, have never had to apologize for our state or for our city."

Visitors leave their hotels for a taxi ride back to the airport and depart, with more than a bit of reluctance. The community pride the creative imagination and, most especially, the "can-do" spirit, have had a profound effect on them.

For those aware of what is really going on, the best show in town is the town itself.

An underground lake caused early settlers to name Las Vegas (Spanish for "green meadows"). Today, the image of an oasis is helped by attractions such as Wet'N'Wild Park.

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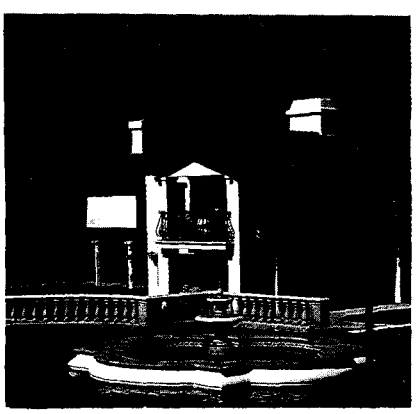

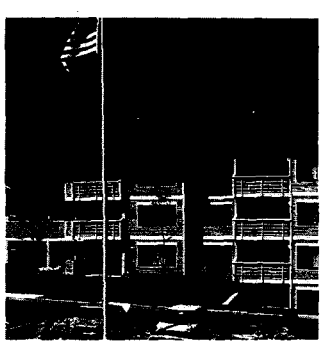

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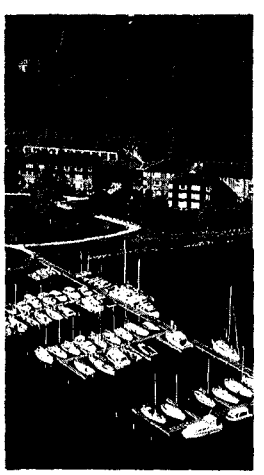

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Use It Or Lose It

continued from page 64

Of all the parts of the body, the most important to our cultural existence is our brain. Some of the most fascinating scientific research in the country is being done on this sentinel organ. Robert Dustman, Ph.D., in Salt Lake City, and Ted Bashore, Ph.D., in Philadelphia, have both been investigating the effects of physical exercise on older people. As older people become fit, all the predictable good things happen to the bones, muscles, arteries, and so forth, but the most exciting finding is that exercise increases an older person's IQ! Dustman postulates that improved circulation produces this effect. I believe increases in adrenalin are responsible, but whatever the reason, exercise makes your brain quicker and more alert.

Vibrant Lives

Largely but not exclusively, physical exercise determines how healthy our older years will be. Steve Blair, P.E.D., from the Aerobics Institute in Dallas, recently completed a study of 13,000 persons in which he found a direct correlation between degree of physical fitness and longevity. The connection grows stronger the older we become. Physical fitness is much less a determinant of longevity in the young, whose deaths most often result from accidents, violence, or malignancy. But when we become older, fitness becomes more and more important to long life.

Albert Bandura, one of my Stanford academic colleagues, is world-renowned for his work on "self-efficacy." When I first heard that term I said to myself, "That's it. That's what aging is all about." It means maintaining competency, mastery, autonomy, independence. If, as we grow older, we give in to the opposite—dependency, incompetency, and failure—we diminish the quality of our lives.

Bandura has written a prescription for self-efficacy. One of the essential components is the provision of peer models. This is what the World Veterans Championships is all about; it is what the 50-plus Running Association at Stanford is all about; it is what the masters movement is all about. We can look to these individuals to see how good, how active aging can be, to learn that physical exercise is an integral part of self-efficacy, and that it can help us achieve our true, attuned, and vigorous selves.

Our aging is in our own hands. It is no one else's responsibility. If we depend on our doctors, our families, our government, or our companies to ensure its adequacy, we must accept whatever future they guide us to, and we risk compromising the quality of our lives.

On the other hand, if we take charge of our lives, we can ensure that our future years are creative and radiantly alive. We can *live* our whole lives, which very few people until now have been privileged to do. ❦

Walter Bortz, M.D., is the author of We Live Too Short and Die Too Long *(NY, NY: Bantam, 1990). Reprinted by permission of Rodale Press.*

The Stranger's Surprise

continued from page 75

"Let me think," said the clerk. "Perhaps the manager could help u[illegible]."

"But he must be asleep by now."

"No, I think——Yes, I saw him go out to midnight Mass with the wife. They'll be back in a short while. I'll call you in your suite as soon as they get in."

"Oh," said Mr. Higgins, "it would be such a favor. Thank you so much."

Half an hour later his phone rang.

"Mr. Hull said he has an idea, Mr. Higgins. Would you care to come down?"

"I certainly will," Mr. Higgins said, and quickly descended to the lobby.

"You've got a predicament there!" said Mr. Hull, the manager, laughing. "You were a little late doing your Christmas shopping. Don't you know you should start preparing in July?"

"I know," said Mr Higgins, "but this is—sort of an emergency."

"Well," said Mr Hull, "could you manage with gold-and-silver paper? And green ribbon to go with it?"

"That would b[illegible] wonderful! The trouble is that I need quite a large quantity."

Mr. Hull laughed. "I don't think you'll need as much as we have. W[illegible] ordered our supply of New Year's Eve decorating paper for the dining room early. There are rolls and rolls of gold-and-silver paper. You are welcome to take as much as you require. I'll be able to reorder in time for New Year's Eve."

Mr. Higgins expressed his gratitude in a handshake weighted with substantial folding money. He strode over to the supply room with Mr. Hull and five minutes after emerged bearing huge rolls of gold-and-silver paper, tissue paper and gay green ribbon. He carried it up in the elevator as though it were a priceless treasure. In the living room of his suite, he drew th[illegible]

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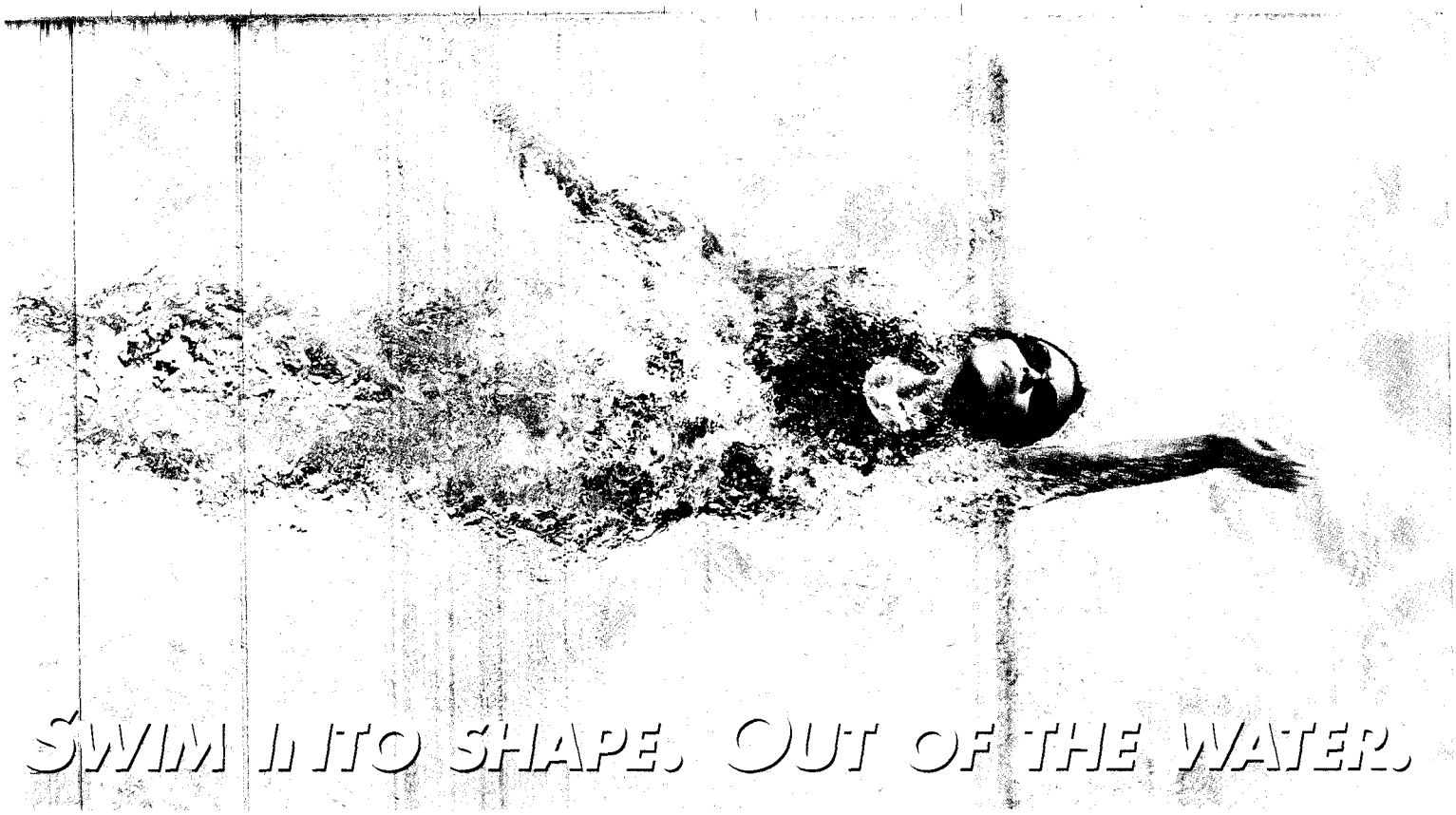

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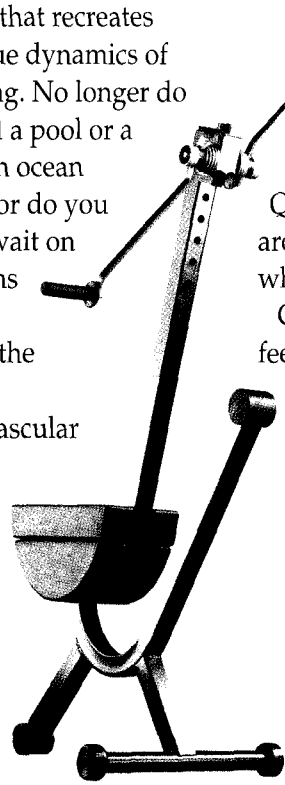

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dropleaf table across the room to his easy chair near the window and opened it to its fullest length. Then he deposited his prize of paper and ribbon beside the easy chair. This done, he carefully hung his coat and hat away, as was his custom, rubbed his hands cheerfully and stood in the center of the living room for a while, deep in thought. Having reached a decision, he crossed to the phone and asked for the night clerk.

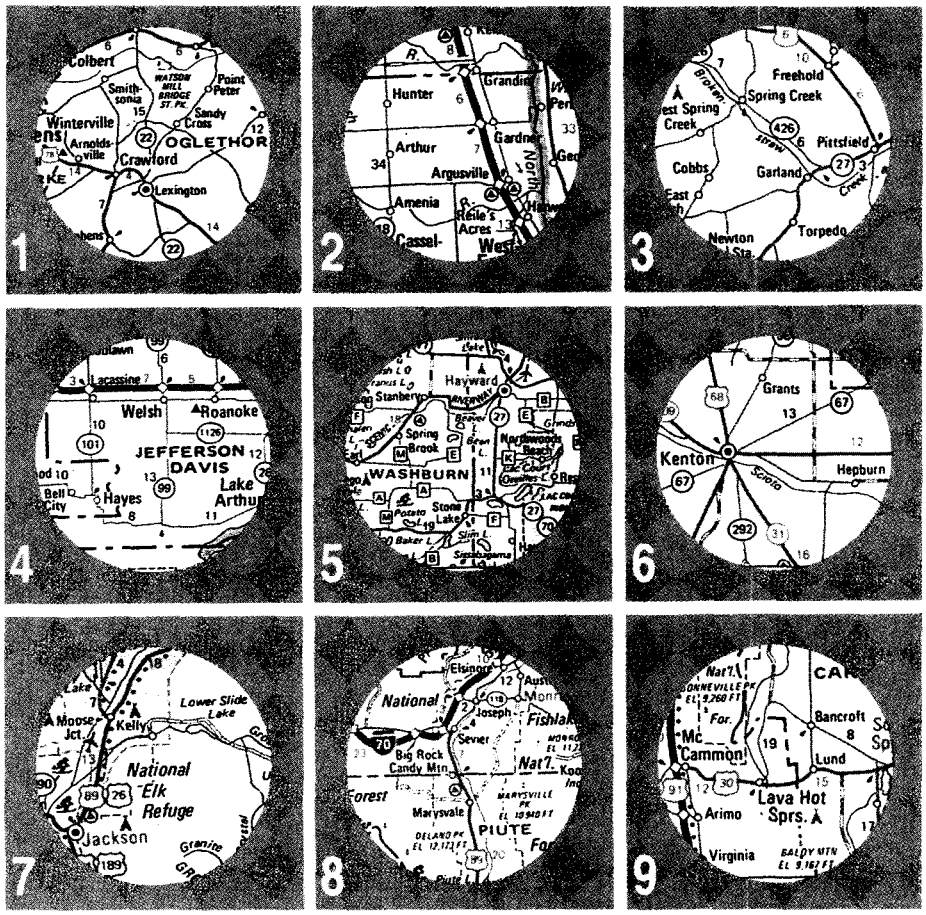
"I wonder if you could do a favor for me," he said. "I have to deliver a few rather large parcels to a friend's home out on Long Island. I want them to be there by eight o'clock in the morning."

"Eight o'clock, Mr. Higgins?" asked the clerk. "It will hardly be possible to arrange that. I don't know if there's any messenger service tomorrow."

"I don't think there is," said Mr. Higgins. "That's why I wanted to suggest that your bellboy might take them over to Long Island in a cab. Of course there'll be a handsome tip for the favor. But the parcels must be there by eight o'clock at the latest. That's the hour children usually steal down to the living room looking for presents under the tree, isn't it?"

"Yes, Mr. Higgins," said the clerk, laughing. "But some of them get an earlier start—during the night."

"Well," Mr. Higgins chuckled, "we won't count on that eventuality. But I consider eight o'clock a normal time for children to sneak downstairs. I definitely want the packages under the tree by then."



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

"It will be arranged, Mr. Higgins," said the clerk. "I'll ask Frank to take a cab over at seven o'clock."

"Fine," said Mr. Higgins, satisfied. "He can come up shortly before seven for the packages and money. I shall be up. Thank you again for arranging it."

"Don't mention it, Mr. Higgins," said the clerk. "It's a pleasure. It must be a mighty important family you're going to all this trouble for."

"Yes," said Mr. Higgins seriously, "they are my best friends. Good night—and thank you again. And Merry Christmas!"

He took a chair from his bedroom, went to his closet and, balancing himself on the chair, began to lift down huge, meticulously wrapped packages. There were a lot of packages and he was forced to make several trips. With great care, he transported them to the living room and deposited them on the floor near his chair. He removed the cord, opened the packages, found a couple of towels and, very painstakingly, began to clean each item of the contents.

There were many small pieces—a stop signal, a locomotive, a length of track, a tree, a little station—and so it went on until the table was covered with the pieces and sections of a tremendous train set, replete with tracks and all the gadgets that make a boy's heart beat faster when he sees them in the show windows before Christmas.

Mr. Higgins anxiously inspected each piece, and presently smiled in satisfaction; it was all complete and in the best order. Then, in a small memorandum book, he began to make a list of the Harris family.

"There is Mike and Mildred. And Jack, Evelyn and Lily. And, of course, Flax."

Completing the list, he placed it on the table and began the laborious task of wrapping all the gadgets of the enormous train set in gold-and-silver paper. He consolidated the small packages into large ones and, finally had two huge packages containing the one gift for Jack.

He took up his list and thought for a long time. Then he loosened the beautiful gold watch from his wrist, wrapped it and tied a green ribbon around it. This done, he checked off the name "Mike."

Mr. Higgins stood up slowly, a little tired now, crossed to the secretary and, from a special nich

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brought out an old-fashioned jewelry case. He placed it on the table and unlocked it with a tiny key. A strange, musty odor emerged. Mr. Higgins smiled. It certainly was old-fashioned. It had been his mother's jewelry box. He drew out a bundle of letters bound in a faded ribbon and lifted out a little bouquet of dried yellow flowers—his mother's wedding bouquet. It emitted a faint scent of lavender which came from a little sachet on the bottom of the case. Mr. Higgins removed three small boxes, looked at them for a moment and then, as solicitously as before, wrapped them in the gold-and-silver paper. He made a check mark after the next three names, rose again and took several envelopes and stationery from the secretary. He put a twenty-dollar bill in one envelope, wrapped it with as much care as he had given the others, and finished it off with green ribbon.

His work was finished. The table looked festive, as one would wish a table to look on Christmas Eve. Mr. Higgins took a pen from his pocket and smilingly started a letter.

"To My Friends——"

He wrote for a long time. Finally, in the somewhat pedantic manner he was accustomed to using in the bank, he signed his name under the letter: "Yours, A. H. Higgins."

With a deep sigh of satisfaction, he slid the letter into an envelope, wrote Mike Harris' name and address on it to make sure the packages would reach their destination, and then stood the letter in full view in front of the packages. Once again he checked the presents against the names on his list. Yes, everything was right.

Mr. Higgins slowly replaced the pen in his pocket, sat back in his easy chair and, for a long while, looked at the table, imagining the faces of the children as they opened the packages. Perhaps he should take them out, personally, at two o'clock, and experience the joy of watching them? No! That would be egotistical. They must find them under the tree in the morning. And it would be a nice surprise for Mildred and Mike as well.

Mr. Higgins glanced at his wrist, then recollected that he had packed his watch in one of the parcels. He smiled happily and leaned back, gazing through half-closed eyes at the colorful array on the table.

At seven o'clock in the morning, Frank, the bellboy, knocked on the door of Mr. Higgins' suite. Receiving no response, he returned to the desk and asked the clerk to awaken Mr. Higgins. He did not answer his phone. The clerk went up with the boy and, getting no reply to his knock, opened the door with a pass key. Mr. Higgins was still seated in his easy chair, smiling. The hurriedly summoned manager took one look at him and called the police and a resident physician.

"He wanted these packages delivered on Long Island by eight o'clock," said the clerk. "He asked me to make sure they'd be there on time. He was going to leave the money for a cab and tip. I guess he didn't have a chance to do it."

Mr. Hull picked up the letter addressed to Mike Harris.

"Get a cab and see that the packages are delivered," he said. "I'll pay for it."

The doctor arrived, ascertained that there had been no foul play or suicide. "The heart just stopped," he said. "Have you ever seen such a happy face?"

The police came, were satisfied that Mr. Higgins had simply died in his sleep. They left.

The manager felt helpless. "We should notify his relatives," he said to the clerk. "Do you know if he has any family in town?"

"I wouldn't know," said the clerk. "I've never seen anyone visit him. Wait a minute. He said the people he was sending these packages to were his best friends. It's a Mike Harris on Long Island. Perhaps they'd know."

"Good idea," Mr. Hull said, and called Mike Harris.

"I was told that you were a friend of Mr Higgins," he said.

"Yes," said Mike, still half asleep.

"Would you know where we could reach any of his relatives?"

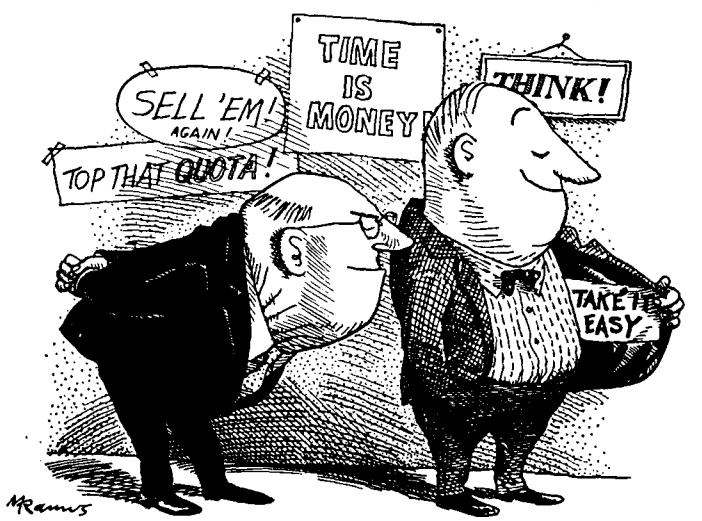
Mike was suddenly wide awake. "What happened?"

Mr. Hull explained. He added that a bellboy was on his way out with some Christmas presents.

"I'm driving in once," said Mike.

Mildred wanted to go with him, but he thought it might be better if she stayed with the children.

"I'd appreciate it if you'd wait for me before opening the packages," he said quietly. "We had decided to wait for Higgins but——"



The Perfect Squelch

Jim prided himself on knowing all the shortcuts and easy ways through life. His favorite line began, "Why kill yourself working when——" Called into a conference with other salesmen, he heard the sales manager announce a new plan: With his monthly quota, each salesman would be given a wrist watch engraved with his name and the date. Thus, whenever he looked at the time, he would be reminded to strive to sell his quota.

The minute the meeting broke up, Jim let it be known that he wasn't going to respond to this spur. Thinking the sales manager was out of earshot, he announced with a broad grin, "After all, what can they do with a watch that already has a guy's name engraved on it?"

"Well," said the sales manager, who overheard the remark, "it would make him a nice going-away present."

—Francis O. Walsh

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- NERVE PAIN
- BURSITIS

HOURS OF RELIEF!

- TENNIS ELBOW
- MUSCLE STRAIN
- JOINT SORENESS
- TENDINITIS
- LIGAMENT STRESS

Dr. Christopher Burda, M.D., a ıding rheumatologist and arthritis re-ırcher, reports a 93% success rate in ief of pain among his patients in-lved in an open-label clinical study. ɛse patients had pain associated with hritis, bursitis, tendinitis and other ıilar disorders. Their pain relief ıged from good to complete relief. e *over-the-counter drug that* was d was the new AURUM analgesic on. AURUM is a rich, smooth, topi-ly applied lotion for deep penetrating ıporary relief from arthritis pain.

Dr. William G. Brelsford, M.D., le conducting a double-blind study a leading research center said that AURUM can provide a significant level of pain relief for the discomfort of bursitis, tendinitis, arthritis and similar soft tissue injuries and disorders. (A double-blind study is one in which neither the doctor nor the patients know the identity of the medication or placebo.)

Dr. Joseph Kahn, Ph.D., P.T., of New York, a leading physiotherapist and author of the well known textbook "Principles and Practice of Electro-therapy," reports that all of his patients who used AURUM received temporary relief from pain. He said, "AURUM is a significant adjunct in the treatment of arthritis."

AURUM is formulated in a rich lotion base with the highest quality ingredients and combined with powerful analgesics. AURUM is one of the most effective pain relieving preparations available without a prescription. AURUM is a safe, tested, alternative to prescription drugs without the ongoing concern of gastrointestinal problems associated with some pills or tablets.

AURUM is available now as an over-the-counter drug in local drug stores at the pharmacy counters. The toll free number for customer service and inquiries is 1-800-256-9008.

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"It's all right," said Mildred. "We'll wait for you, darling."

Mike Harris took care of all the arrangements. Counting on Mr. Higgins' orderly nature, he looked in the secretary and found a sealed envelope labeled *My Last Will* and giving the name and address of his attorney. After he had seen to everything and made certain that Mr. Higgins would receive the very best of all the necessary attention, he drove home and told his family what had happened. The children could not quite grasp the tragedy of it. Evelyn was told only that Mr. Higgins would be unable to come out to Long Island that day.

"It's a shame," said Jack. "I was looking forward to having him with us today."

"I think he will be with us today," said Michael quietly.

They sat around the Christmas tree and, after the family had opened their gifts to one another, they started to open Mr. Higgins' presents with a feeling of sadness. Attached to each package was a little slip: "Please read the letter first."

Mildred handed the envelope to Mike. "Go ahead, dearest, you read it to us."

They all listened as Mike began to read:

"To My Friends. Only a few hours separate me from the time when I expect to see you. I am spending Christmas Eve and the night with you and I want to thank you all for the happiest Christmas I have ever experienced. I know I shall see you at two o'clock. but words would not come so easily to me then. Therefore I thought that you should know before my arriva how I feel about this day.

"The two large packages are fo Jack; they contain the train set h wanted. Jack, I have had this se packed away in my closet for quite a few years. I always hoped that on Christmas would come when I coul unpack it and give it to a boy dear t me. You see, if you dream lon enough, wishes come true. And, wit that feeling, I place the train, with al the little gadgets, train stations an village stores, under your Christma tree. Have fun with it. I hope it wil make you happy.

"It was too late to shop for Chris mas presents. Were I to buy them t morrow, it would be anticlimacti There is no fun wrapping Christma gifts after Christmas. I wanted th dream to come true tonight. I mar aged to get the paper, but not the pr sents. Therefore you will all have t forgive me if you receive gifts whic in a way, are secondhand. Neverth less, they are infinitely more precio to my heart than anything I cou have purchased from the finest shop I do not mind parting with them. have had these heirlooms for ma years. I always hoped for a day wh I could offer them to someone dear me. I do not think that I have ma

continued on page 1

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of no less than five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by December 18, 1992.

The winner of the Nov./Dec. 1992 contest will be announced in the March/April 1993 issue.

Our congratulations and a check for $100 go to Brenda Brandt of Vero Beach, Florida, for the winning entry in our July/August 1992 caption contest.

The telephone linesmen, I'm told,
Thought the seashore below them pure gold—
So they stopped stringing cable
Used the beach as a table
And lunched, leaving Ma Bell on hold.

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Jews must be interesting

or God wouldn't have written so much about them in the Bible.

The Jewish past is anything but dull.... It's an account of struggle, survival and surprise.

The Jewish present is no less interesting. Especially those stories of Jews coming to know

Jesus.

Their stories are in the book, *Jesus for Jews*. You can buy the book at your local religious bookstore for $5.95. But if you fill out the coupon, a special edition can be yours for just $1 postpaid.

Jesus f✡r Jews book offer is limited to one per household.
Please send me the special edition. Enclosed is $1.00.

Name _____

Street _____

City _____ State _____ Zip _____

Mail to: Jesus f✡r Jews book, c/o Jews f✡r Jesus YC9276
60 Haight Street, San Francisco, CA 94102-5895

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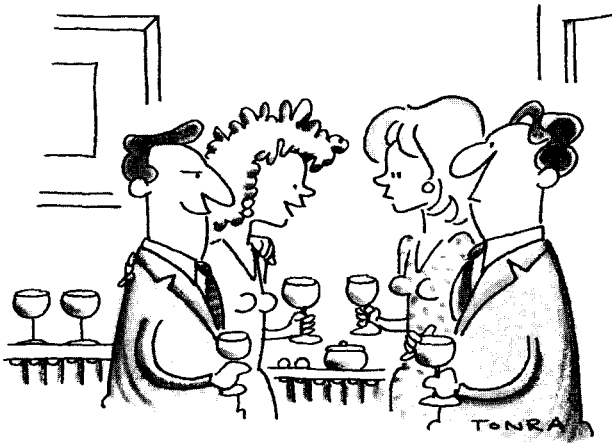
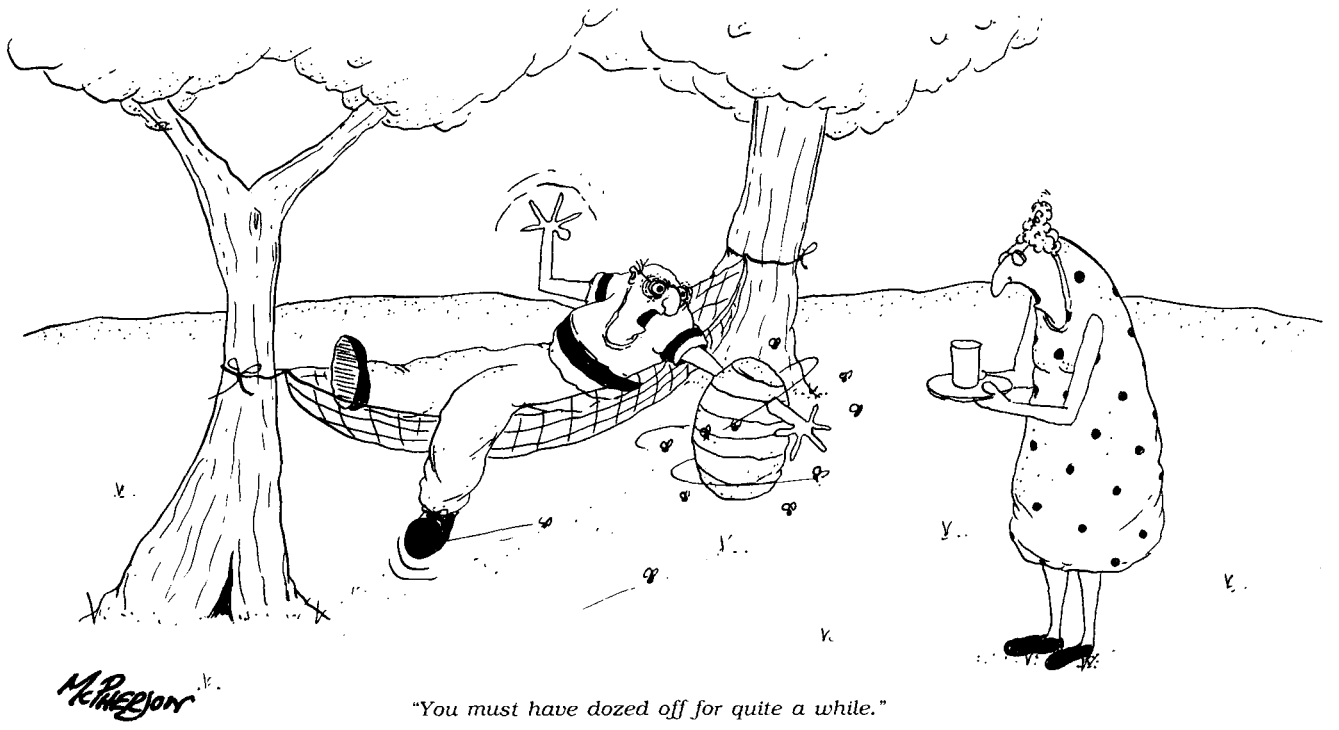
COPING WITH HUSBANDS



"For my birthday, Jeff is going to shut up and let me finish my own sentences."



"You must have dozed off for quite a while."

"... take this man to be your lawfully wedded husband? To love, to cherish, to massage his feet every night?"

"Madonna wants to say hello."

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EXPERT PET GROOMING AT HOME . . .

Now 'Comb' A Perfect Haircut!

BARBER KING® PET TRIMMER

Comb with adjustable blade. . .
Perfect for dogs, cats, all long haired pets.

SAVE UP TO $100 OR MORE PER YEAR ON CLIPPING AND GROOMING

ENTIRE TRIMMER SET ONLY $19.95

- *Eliminates costly clips at the pet salon or vet*
- *Fast, quiet, comfortable* • *Dial adjusts for the length you want*
- *Ideal for all long-haired pets—dogs, cats, exotic animals*
- *Removes burrs, tangled, matted hair and embedded insects*

What a great way to keep your dog looking his best. . . Barber King Pet Trimmer makes it easy to do touch-up grooming or a beautiful, head-to-toe haircut.

This precision instrument is an ingenious stainless steel comb with an adjustable blade. Unique dial-a-cut feature lets you move blade forward for a closer trim or backward for just a light trim. . . Control the length by simply turning the dial. With just a bit of practice you'll easily learn to trim, taper, and style like a pro.

Why spend a small fortune having your pet groomed? No need to drive to the vet or kennel and pay someone to do the job. . . Pets would rather stay at home and have you do a nice, gentle trim yourself. The Barber King Pet Trimmer is so fast and quiet. It is convenient to use on cats, horses as well as dogs.

Precision trimmer is so good, it carries a lifetime manufacturer's warranty. It is non-electric, completely silent. . . no noise or vibration to frighten pets. You can use it before or after bathing your pet, or whenever it's needed. No upkeep required. . . Just rinse under running water, and change the blades occasionally. Your Barber King Pet Trimmer will pay for itself many times over. Send for yours today on money-back guarantee. Easy instructions included.

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YES. The PET TRIMMER (Item #W237) sounds like a really great idea. I'd like to try it out on my dog (or other pet) for 30 days, on money-back guarantee.

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☐ One Pet Trimmer for $19.95 + $2.50 shipping & handling.
☐ TWO Trimmers only $38.00 + $4.00 shipping & handling.

☐ Refill Blades (3 per pkg.) (Item #W239) Send ____pkgs. @ $2.99 each postpaid.

Please charge my: ☐ MasterCard ☐ Visa

Account # _____

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NJ residents add sales tax. Enclosed check/M.O. _____

(Please make payable to **Abigail's Treasures**)

To help process order, you may wish to include daytime phone #

( ) _____

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Accuse not nature. She has done her part. Do thou but thine."—*John Milton*

Exercise for Older Adults

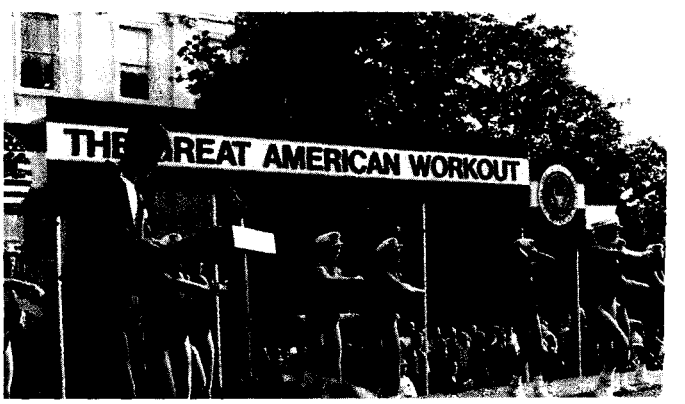
The President's Council on Physical Fitness & Sports has declared this the year for focusing on senior citizens' fitness. At the Great American Workout, Milton Berle joined Arnold Schwarzenegger, and the Dancing Grannies from Arizona were featured performers on the White House lawn. Lou Sullivan and his wife Ginger, who walk together, were there to help promote exercise benefits for the 50-plus crowd. Research is proving that exercise is good for everything from preventing heart disease and obesity to decreasing prostate cancer risk. And of particular interest is the evidence that even a small amount of exercise helps the elderly stay healthier longer.

To a large extent, physical activity—or lack of it—determines how healthy we will be in our later years. In almost every case, the man or woman who exercises regularly will have stronger bones, more flexible joints, better circulation, and more efficient metabolism than the senior citizen who sits at home reading or watching TV.

In an effort to spread the word, and to get more oldsters up and active, the President's Council on Physical Fitness & Sports has appointed special advisors to the group, including the inventor of the word "aerobics" himself, Dr. Ken Cooper of the Cooper Institute for Aerobics Research in Dallas. The experts say: Walk, play tennis, swim, dance—do *something*, and do it regularly, for fun and for fitness.

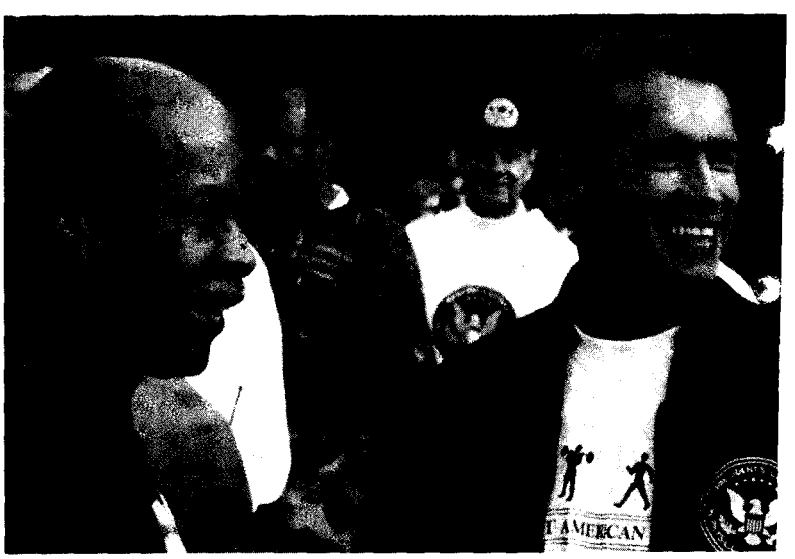
York Onnen of the President's Council staff has proposed a new category of Presidential Awards for Silver Eagles. And the Fitness Farm in Indianapolis has inaugurated a Silver Foxes Program for 65+ men to teach tennis to youngsters with hearing deficits and inner city

Some 55 million subscribers will soon see Arnold Schwarzenegger and Milton Berle on the cover of *Modern Maturity*—fitness for senior citizens is "in" this year.



The Dancing Grannies from Sun City, Arizona, danced at the Great American Workout to show that exercise can be fun.

At the President's Council, *Post* editor and Dr. Kenneth H. Cooper have been charged with the job of getting America's older adults into the exercise habit.



Dr. Louis Sullivan, Secretary of Health and Human Services, applauds Arnold's efforts. A firm believer in the importance of exercise for older adults, Dr. Sullivan practices what he preaches and walks regularly.

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elementary school children.

Osteoporosis In Young Dieting Athletes

In the past we have thought of osteoporosis as a health problem of women past menopause. We are now learning about another group that is at risk—young female athletes who train hard but fail to eat properly because they want to lose weight.

Barbara Drinkwater, Ph.D., of the Pacific Medical Center at the University of Washington, Seattle, is an expert in

D. Mark Robertson and Dr. Barbara Drinkwater of the American College of Sports Medicine discuss bone fractures due to low estrogen levels in dieting young female athletes.

the field of women's sports who is making this her special crusade.

"It starts with pressure from parents, from coaches, and from teammates for young women to lose weight with the idea that when they lose weight their performance is going to improve," Barbara told us.

"The pressure is so intense that in some cases, for example, a coach will have the girls weigh in every week, and the one who hasn't lost the right amount of weight, or anybody who has gained weight, has to wear a T-shirt that says 'Porky Pig.'

"Among professionals, in one sport that I know of, each woman is assigned a weight, and if she goes above that weight, her pay is docked.

"Because of this pressure, the women go on drastic diets, and in many cases they drift into disordered eating patterns that can lead to things like anorexia and bulimia. This is fairly common, and one of the side effects is disruption of the menstrual cycle, which means that these young women have estrogen levels similar to those of postmenopausal women, and that they are losing bone."

The female athlete who pushes too hard to stay skinny and to excel at her sport may develop the fragile bones of an elderly woman, and may even have spontaneous fractures.

The sportswomen most concerned about staying skinny are usually those in gymnastics, track, and ice skating. Ballet dancers have the same problem, because ballet companies prefer dancers who are very slender, with almost boyish figures. According to one estimate, 40 to 50 percent of female ballet dancers are amenorrheic (do not menstruate), and many are anorexic or bulimic.

We have long known that women who are physically

CIGARETTE SMOKE CONTAINS HUNDREDS OF POLLUTANTS, INCLUDING BENZENE, A CARCINOGEN...
...BECAUSE NICOTINE CONSTRICTS BLOOD FLOW, IMPOTENCY MAY RESULT...
AND IN COLD WEATHER, FROSTBITE IS MORE LIKELY...
ON THE OTHER HAND, 40 MILLION AMERICANS HAVE QUIT SMOKING...
THE KNOW-SMOKING SECTION

very active but poorly nourished stop having regular menstrual periods. This happened to women in Nazi concentration camps. It is nature's way of preventing a pregnancy that the woman isn't in shape to handle. A regular cycle usually begins again when the woman is less active, or when she eats better and gains a little weight, so this has not been regarded as a serious problem. Now research shows that though bone loss slows when the woman begins menstruating again, some of the loss is irreversible, leading to weak bones, serious fractures, and a kind of premature aging.

Peanut Allergy is Rare

Dear Dr. SerVaas:

Our three-year-old son has peanut allergy. He has a Medic-Alert bracelet to wear when away from us and always has an Epipen, Jr. kit. We have fear for his safety almost all the time. In regard to this allergy we have the following questions:

1) We understand this to be a fixed genetic problem. How likely is it he will transmit this genetic trait to his children?

"I can't wait for spring when all the new diets come out."

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2) We hear occasionally that research is developing vaccines for food allergies. How will this vaccine work and will it possibly benefit this particular allergy?

3) What do you know of genetically engineered foods using peanut protein to enhance tomato and apple productions? This development could make eating anything but home prepared foods impossible.

4) What percentage of the population has this allergy to peanuts? We have only heard of boys having this problem and wonder if it is a sex-linked trait.

We read every issue of *The Saturday Evening Post* and especially enjoy the "Medical Mailbox."

Patricia R. Christie, RN
Fort Wayne, Indiana

You are right to be concerned about your child's safety. He will be in the greatest danger of accidentally ingesting peanuts when he is old enough to go to friends' houses, to school, and to events like fairs and festivals. You must try to make sure that wherever he goes there will be adults who know about his allergy and how to help him with an injection from his Epipen, Jr., if it should be necessary.

Some experts estimate that 10 percent of all allergic persons react to peanuts. Fortunately, most will get only hives or some other minor discomfort when they eat peanuts. A few will get a much more severe reaction leading into anaphylactic shock and even death if the appropriate treatment is not started promptly.

There have been promising studies that indicate it may be possible to desensitize people with food allergies by giving them repeated injections of tiny amounts of extracts made from the food, under the skin. At the present time this is done for peanut allergy only under experimental conditions. Girls, as well as boys, have peanut allergy. It is not something they will outgrow.

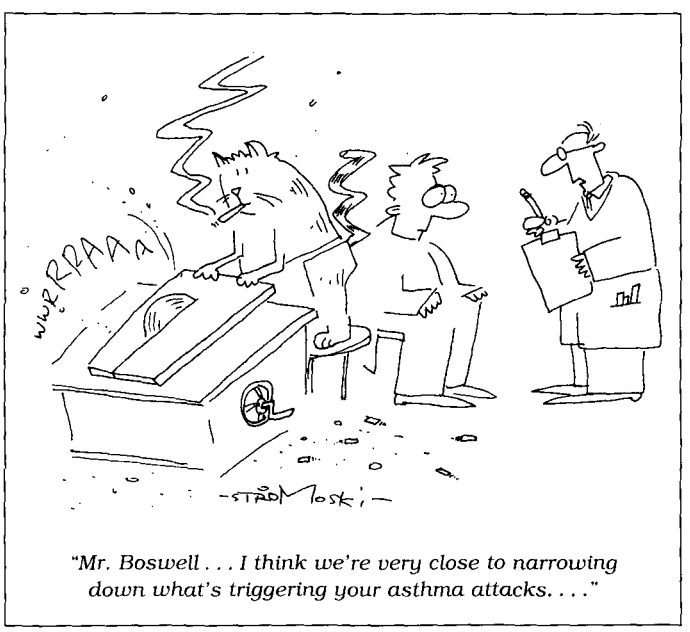
The tendency to suffer from allergies does run in families, but this does not mean that this specific allergy will be passed on by your son to his children.

Recently a young woman who was a star athlete and student at an Ivy League university died after eating a few bites of a chili featured at an off-campus restaurant. The recipe had won a state-wide chili cookoff. Unfortunately, the "secret ingredient" it contained was peanut butter added as a thickener.

A nine-year-old boy died at a picnic after an adult who was unaware of his allergy gave him one cookie that contained peanut butter chips.

Both lives could have been saved if they had been carrying epinephrine and had used it as soon as they felt the first signs of an allergic reaction. The Epipen, Jr. kit contains a child-sized dose of epinephrine.

It is important to educate restaurant managers and schoo food service personnel about the possibly severe reaction to peanuts. Perhaps epinephrine kits, with easy-to-follov directions for their use, should be kept available at al public places where food is served.



"Mr. Boswell . . . I think we're very close to narrowing down what's triggering your asthma attacks. . . ."

Current Health History Pocket Card

Dear Dr. SerVaas:

Just got your issue today, and felt I had to write t pass on some advice.

I suffer from severe asthma. During an acute attack can hardly breathe enough to talk. So, to pass alon vital information, I keep a card handy with me. Alsc since I work in the medical field I encounter a numbe of individuals who show up in the emergency room o get admitted and they really can't give the people ther needed information.

I'd encourage fellow readers to keep a card wit them, typed or clearly written out, that gives you name, date of birth, social security number, you address, phone number, next of kin, and your doctor name, and if you frequently use one main hospital, as if you have a special permanent record number.

Write down your current health history. It can l brief using the diagnosis your doctor gives you. Wri down your current medications, the dosage of eac medication and how often you take it. When you get medication changed, or a change in diagnosis, pull o the card right then and change it. Have your doctor over the card so that you are sure it is correct, if y are unsure.

There are bracelets, necklace tags, and groups th will also keep records available for you, and if you ha a serious health history, it is advisable that you these also, in case you become separated from yo pocket card. But a card that you keep with you, th you keep current, can make a difference in how fast y may get treated.

Paul M. Rywalski, R
Toledo, Ol

A Change in Diuretics, a Very Welcome Relief

Dear Dr. SerVaas:

I have gone through many weeks of the worst case itching and breaking out of hives and blotches wh turned into pebbly skin from head to toe. No doc

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Would you spend $5 to feel like a million?*

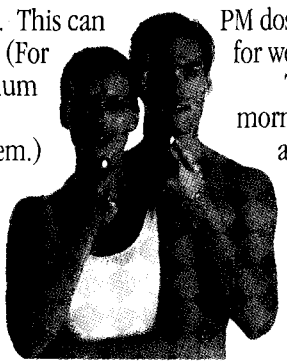
*And get a free gift too?

We're so sure MDR Fitness Tabs will make such an important difference in your life, we'll give you a free gift – an AM/FM Sports Radio, just for trying them.

After all, how much is your health worth? What would you spend to feel energized, strengthen your immune system, revitalize your skin, hair, and nails, and improve your overall health? If you're like most people, you've probably tried vitamins in the past without seeing any results.

Why most vitamins don't work.

The fact is that most other vitamins aren't properly balanced. This can hinder their absorption. (For example, too much calcium may decrease the magnesium in your system.) Also, certain nutrients are best taken in the morning and others at night, so a multi-vitamin taken once a day is not a good idea.



Many other vitamins contain dyes, sugars, and unproven ingredients (like molybdenum) yet they lack many important nutrients. Stress, birth-control pills, physical exertion, smoking, and drinking deplete nutrients most formulas don't replace.

The MDR Fitness Formula is different. It's balanced. And it works. It's a revolutionary vitamin system that supplies the *right amounts* of the *right nutrients* at just the *right time.*

Developed by Doctors.

A group of doctors (the Medical Doctors Research Group; hence MDR) decided to assemble a team of leading nutritionists, dieticians, dermatologists, biochemists, and physicians to research how vitamins could be more effective.

AM and PM formulas.

Together, the team developed MDR Fitness Tabs: precisely balanced AM and PM doses. With one vitamin formula for women. And another for men.

Taking one Fitness Tab in the morning and one at night, both men and women noticed impressive results. Dieters benefited. Smokers felt better. People under stress had more energy. Airline pilots felt more alert. Athletes noticed improved performance. And women taking birth-control pills sensed a new vitality. Many doctors now use and recommend MDR Fitness Tabs, which have been listed in the Physician's Desk Reference. It's easy to see why MDR is now a recognized leader in vitamin formulations.

Free gift.

For only $5* you can try MDR Fitness Tabs and receive this great AM/FM Sports Radio – FREE. Lightweight and compact, it includes a belt clip and earphones. Or use its built-in turbo speaker! Perfect for workouts, the beach, sporting events, or anywhere you want news and music on the go.

Direct from the research labs.

We send MDR Fitness Tabs directly to you so we can guarantee maximum freshness and assure optimal purity and potency. We also continually update the formulas so you'll benefit from the latest scientific findings.

Discover a new health insurance.

There's never been a better time to fight stress. Combat fatigue. Strengthen your immune system. And give your body the edge it needs.

To obtain MDR Fitness Tabs, call:

1-800- MDR-TABS

or mail the coupon below. You'll receive a 10-day trial supply, MDR Travel Case, and free AM/FM Sports Radio gift – all for only $5.* And if you call now and order with your credit card, we'll even include an extra little gift – free!

If pleased, every 2 months, at just the right time, you'll continue to receive a fresh 60-day supply for only $3.50 per week, billed to your credit card bi-monthly. Cancel at anytime. There's no obligation or minimum purchase. Your satisfaction is guaranteed. And no matter what, the gift is yours to keep!

❑ YES! I want to try MDR for just $5*+$3 shipping and receive my FREE Sports Radio.
❑ Women's Fitness Tabs (SP191)
❑ Men's Fitness Tabs (SP192)
❑ Charge it to my (circle one):

Credit Card Number

Exp. Date (Month/Year)

Please Sign Here

❑ I'm enclosing my check for $8 payable to MDR®

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(that I could find) could help. I never slept nights—just slept sitting up days. I spent my time covering myself with costly creams ordered by a dermatologist which were of little or no help.

Finally, my pharmacist told me to ask my doctor to change my diuretic, as the notice from the manufacturer stated diuretics, if taken long enough, will cause this itch. My doctor did change the Dyazide to another diuretic and the itch was relieved partly at once—enough so I slept all night without trouble. As weeks went on, I kept slowly getting better.

I believe that many people take diuretics, and few doctors know what to do for the itch.

My advice: Ask your pharmacist about the possible side effects of the drugs you are taking.

Janet Lane
Ann Arbor, Michigan

Chronic Halitosis Eliminator

Dear Dr. SerVaas:

Writing a "fan" letter to a product manufacturer was one thing I never considered doing! But, perhaps this is more in the category of a "thank you" note.

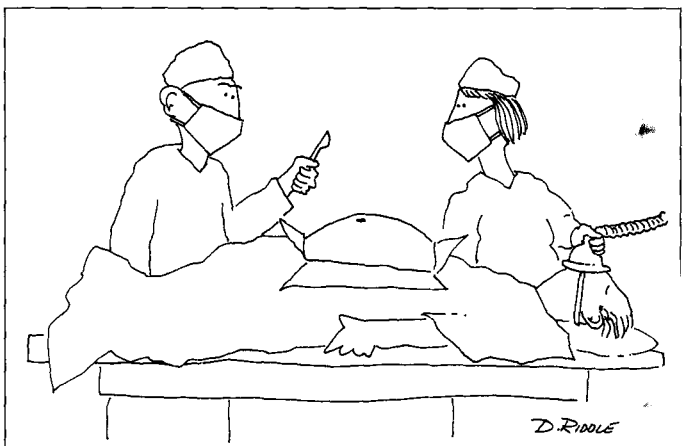
For years my dear husband had a very bad breath odor. In his fifties I attributed it to a gall bladder condition—but in his sixties, after surgical removal of his gall bladder, the odor remained. (At the age of 64, soon to be 65, he is every bit as handsome as he was when we married over 42 years ago.) And it pained me to see people stepping back a bit when he was chatting with them. He is "greeter" for the children's building at our church, and the children adore him. But I noticed even they turned their faces away from him at times when he was talking.

When I saw your ad in the *SatEvePost*, I couldn't find my check book quickly enough to order your Colo-Fresh! Praise God—it worked! His breath is now baby-fresh. Thank you! Thank you! Thank you!

S.L.
Longview, Texas

Easy Recipes for a Low-Fat Diet

"That's a lie. I never said he should avoid all yard work!"



"You're sure the best way to his heart is through his stomach?"

Dear Dr. SerVaas:

Do you have any simple (not gourmet) recipes for a low-fat diet? My husband had a recent heart attack and I am finding it difficult to prepare heart-healthy meals He loves cabbage, green beans, potatoes (plain food) bu doesn't like them the way I cook them now—withou grease or butter or a lot of seasonings. I shall be grate ful for any help you can give me.

Mrs. William Prewi
607 N. Main S
New Castle, KY 4005

I'll bet your husband grew up on a farm, eating what w used to call "country cooking." Does he remember gree beans boiled all afternoon with ham hocks, and peas in rich cream sauce, and how potatoes were never serve without gravy? Of course he misses the kind of food tha he enjoyed for years. But, change he must. Fortunately, hi palate will adjust, eventually. Then he'll think things ar "too salty" when they are seasoned the "old way."

Our nutritionist suggests that you use generously som of the seasonings that don't contain either fats or sodiun She recommends Molly McButter Natural Flavor Butt Sprinkles, Molly McButter Natural Bacon Flavor Sprinkle Mrs. Dash salt-free herb flavoring, and low-sodium chicke flavor granules, to give the vegetables you cook a liveli taste. Also, try combining vegetables—summer squash wi onions and tomatoes, for example, or cauliflower w green peas and chives. Try using freshly ground pepp rather than the ordinary kind.

Remember that breads, cereals, and pastas are importa in a heart-healthy diet.

Here are easy-to-fix dishes that are our favorites:

Minted Carrots

Combine 1 cup carrot slices with 1 tablespoon Mol McButter Sprinkles and 3 sprigs fresh mint (or 1 tab spoon dried mint). Add water to cover and simmer un carrots are tender.

Cheesy Noodles

Cook 6 ounces "No Yolks" cholesterol-free noodles ir quarts of water 10-12 minutes, or until tender. Drain a rinse in hot water. Chop ½ green pepper and 1 small oni and cook in a small amount of water until tender. Add

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Men: Don't Sit on the Problem

continued from page 51

any good unless they squeeze and compact the breast tissue).

We should now be establishing Prostate Centers where men could go for their yearly PSA and DRE. These centers could also have trans-rectal ultrasound equipment available for immediate use if presence of a nodule and a high PSA indicate the need.

The PSA can discover cancers that the DRE could miss. The digital rectal technician with a gloved finger would not be able to feel a beginning nodule in the *anterior* portion of the prostate. He can only reach and feel a cancer in the *posterior* portion of the prostate. If the patient has a DRE regularly, he would still be able to catch a cancer before it spreads out of the capsule. This is another reason for yearly screening.

Screening could normally begin with a baseline at age 40, as with breast cancer, and retesting one or two years after that. Certainly a patient with a strong history of prostate cancer in his family should begin regular prostate screening in his 40s.

Prostate cancer is a deplorably neglected disease when it comes to research into who gets it and why they get it. We could look for clues by asking each visitor to the Prostate Centers to fill out a questionnaire at the computer. With yes and no answers, visitors could encode the data. Did his father have prostate cancer? How old was his father when he died? Did he die from the prostate cancer? Likewise for his uncles and his brothers. Prostate Centers around the country could all use the same software for the computerized questionnaires. It would save a lot of time encoding, as the information could be put into a data bank immediately. We could soon get a fix on how hereditary prostate cancer is, for example.

Bob Dole tells of his brother-in-law who has prostate cancer. This brother-in-law had three brothers, one of whom has died from prostate cancer, and the other two brothers now have as well.

More is being learned daily about screening of an elevated PSA as more data is being accumulated. One prostate cancer specialist told me that he had never seen a PSA higher than 45 where there was no cancer of the prostate present.

A PSA that went up too fast alerted Bob Dole's doctors to his prostate cancer. His PSA wasn't very high, but it went up faster than expected. The PSA test has been approved by the FDA for use in monitoring prostate cancer patients. After radiation or surgery, frequent PSA tests are done to make sure all the cancer cells have been arrested. If they haven't been, the growing prostate cells would be manufacturing more of the prostate-specific antigen—the protein that only prostate cells produce. Then the oncologist would know that more aggressive treatment would be necessary to destroy the cancer cells.

Most of the informed urologists we have interviewed believe that the evidence is compelling and overwhelming that the PSA test should be approved as a screening test by the FDA and should be a reimbursable medical expense wherever possible. Until such time, we believe volunteer efforts should be mobilized.

Bob Dole, the inspiration for our mobile testing campaign, has been on hand at almost every testing site, greeting the men who line up for PSA testing and drawing more media attention to this disease than it has previously received. When he came to Indianapolis, he shook hands with

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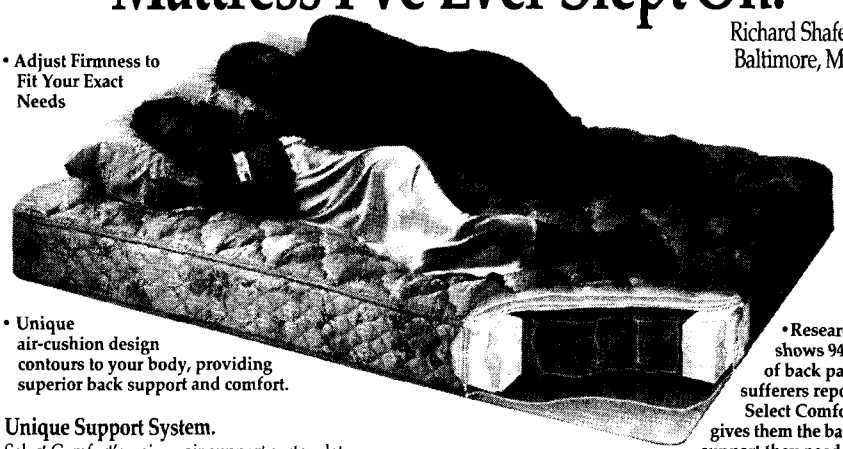

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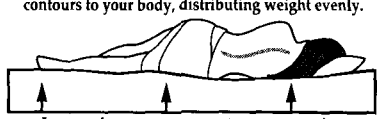

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almost every man in a line that tested 394 men. He remarked that many of the hands he shook were the rough hands of working men who had taken time off from work to stand in line to wait and be tested. As he went down the line shaking hands, if a man wanted to ask a question about the consequences of the Bob Dole prostate surgery, he would stop to answer.

Volunteers from US TOO and the AFUD (American Foundation of Urological Diseases) volunteers came to help in numbers. Many of the US TOO members are prostate cancer victims themselves. Many had their disease caught too late, before the PSA test was used for screening, and through not having had even a digital rectal exam until it was too late.

These men reach out to those in the crowd who are coping with their prostate cancers in all the various stages. They know the subject. They have favorite books to recommend. They pass out pamphlets and they make support group contacts in a man's hometown. They help wives understand the vagaries of prostate cancer.

They know that fear of the unknown is the worst. They provide the facts and the hope for more research. Prostate cancer is a neglected disease. Its closet sufferers haven't exactly been shouting out for help. One of the doctors pointed out, "For every prostate cancer death, only $1,000 is spent on research each year. Four thousand dollars is spent for research for every breast cancer death each year. And $100,000 is spent on research for each AIDS death. It's time for prostate cancer to be given its fair share of attention and funding."

David Sykes, our associate publisher who joined us from London, England, proved to be a godsend. One would never have expected that a young lad from a privileged home would find a health opportunity for middle-America so challenging that he worked 14 hours a day without stopping or complaining even in the 95° heat of the Midwest summer. David took to managing the testing sites like a duck to water. He troubleshot for the testing booth, keeping supplies always flowing. When long lines caused a shortage of purple stopper tubes, David came to the rescue.

At a Midwestern state fair, farmers who had come to exhibit their animals and produce, lined up for examinations. Farmers are quite accustomed to making do with what's available for themselves or their livestock, and they recognized the testing site as a practical and expeditious way to get a job done. Appreciative, they told all their male friends and relatives and ran David Sykes out of supplies before the first weekend was over. Bob Dole stayed for three or four hours on Sunday afternoon to encourage them and, all told, more than 2,140 men came through the booth.

"I'd like to get away from everything except my money."

Prostate cancer's recent entry into the limelight is making a difference. Dr. Peter Scardino told me he has already seen the evidence in his own urology practice. "It used to be that when I had office hours and I would see 10 or 15 men with prostate cancer, six or seven would come in with a tumor that had already spread to the bones, well beyond the prostate. Maybe two or three of them would be early enough and small enough to cure with the techniques we have nowadays," Dr. Scardino said. "Now, it's the other way around. I'd say we're seeing six or seven men who have it localized and we have the chance of curing it, and maybe only two or three have an advanced stage of the disease. So I think we're going to see, down the road, a reduction in the terrible mortality rate of 34,000 to 35,000 men every year."

Ideally, the PSA test should do for men what the Pap smear did for women. In 1958, the United States was losing some 8,500 women a year to cervical cancer. Then Dr. Papanicolaou developed the Pap smear, and women everywhere were tested. The number of deaths has dropped dramatically to an estimated 4,400 in 1992. When asked Dr. William Catalona, one of our country's foremost experts on prostate cancer, whether we could do the same with prostate cancer deaths using the PSA, his answer was, "We could do *better*." This was good news, but obviously before this happens there remain hurdles to surmount.

One is compliance. Recently, a friend died from cancer of the cervix. She hadn't been Pap smeared for several years. Just as some women still don't have their yearly mammogram and Pap smear, some men won't go in for a PSA test, but this year many men still don't even know what PSA means. Also, the cost of the PSA test will have to come down as did the cost of the Pap smear and the mammogram. The mass production of test kits and the rapidly improved technology for the equipment on which to run them will be driven by demand so that costs will drop.

The words of Secretary of Health and Human Services, Dr. Louis Sullivan, when he visited one Houston test site, were reassuring. "We must make routine testing a national priority," he said.

The cause of prostate cancer remains unknown. It is generally assumed that cancer cells in the prostate are somehow stimulated by the male hormone, testosterone. Once cancer has started, there's no way of telling how fast it will grow. Sometimes growth is slow and a man will die of some other disease before prostate cancer is even detected. Other times growth is rapid.

Although some men may live many years without having the cancer discovered, the tumor eventually will grow to the point that the prostate will

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squeeze the urethra, the tube through which urine is expelled from the body, causing difficulty urinating. This is usually the first symptom of prostate cancer.

It is important to remember that difficulty urinating is also a symptom of other disorders, so if one has this problem, it's not always cancer, but one should see a doctor immediately.

Cancer cells may leave the prostate and attack other cells outside the prostate without causing symptoms. Some cancer cells may break off and spread through the body to the lymph nodes, lungs, and bones, especially the bones of the hip and lower back. Back pain is the most common symptom of prostate cancer that has spread to other parts of the body.

The physician's classification system for this deadly disease says it all. Simplified, the stages range from A to D and the prognosis gets steadily worse. At Stage A, a prostate cancer tumor is still located within the prostate gland and is too small to be felt by a doctor's finger during a digital rectal exam. In the past, such tiny tumors would be discovered only by chance during surgery for a benign tumor or for some other prostate disorder. Now small tumors can be detected using the PSA blood test, and as a result they can be treated early with surgery or radiation therapy and cured. At Stage B, a tumor is still within the prostate, but is large enough to be felt during a rectal exam. Again, surgery or radiation can be curative. At stage C, the tumor has spread to other nearby areas, sometimes causing difficulty urinating. And at Stage D the tumor has spread to other parts of the body, commonly the bones. Victims at this stage may have difficulty urinating and suffer bone pain, weight loss, and fatigue.

Doctors must know exactly where the cancer is in the body and how it is behaving in order to choose the most effective treatment. This varies with each individual case. If treatment is started when the cancer is at an early stage, the disease can be cured. Treatment started at a later stage can extend life and help relieve symptoms.

Doctors often use radiation treatments in Stage-A,-B,-and-C patients to help prevent the cancer from spreading. In Stage-D patients, they rely on hormone therapy to reduce the body's production of testosterone, slow the growth of the cancer, and help relieve symptoms. This used to mean surgical removal of the testicles or estrogen therapy which could lead to heart and blood vessel problems. Lately, the prospect for Stage-D patients has improved with LHRH (luteinizing hormone releasing hormone) therapy. Once-a-month injections of this drug produced under the brand names Lupron, made by TAP Pharmaceuticals—a division of Abbott Laboratories, or Zoladex, made by ICI Pharma, work just as well as surgical removal and avoids the side effects of estrogen therapy.

Sometimes antiandrogen therapy is used in conjunction with LHRH therapy. This involves administering a drug called an antiandrogen that blocks the activity of male hormones and helps ease bone pain until testosterone levels begin to fall in response to the LHRH therapy. Antiandrogen therapy does have some side effects including diarrhea, nausea and vomiting, and enlargement of the male breasts.

These hormone therapies can extend the life of an advanced prostate cancer patient. While palliative, they can provide comfort during the course of the disease. Chemotherapy, which can provide marvelous cures for testicular cancer, has not been successful in curing prostate cancer.

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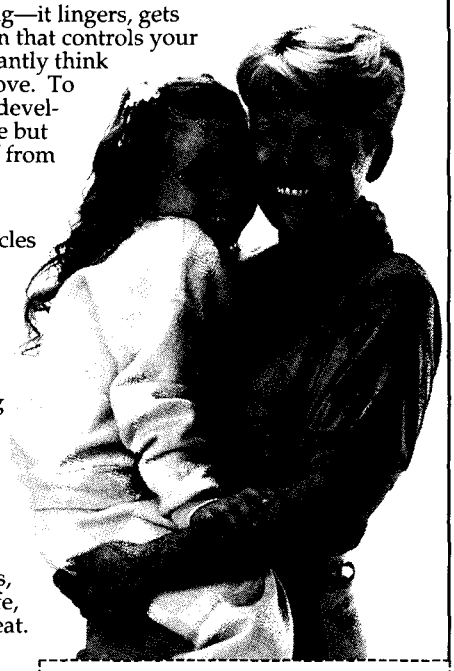

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As we go to press David Sykes and I are in Atlanta for another prostate cancer screening event where Dr. Sam Graham, head of the Urology Department of Emory University Medical School, will help us staff a booth at the Ritz Carlton, Buckhead, in conjunction with the scheduled meeting of the President's Council on Physical Fitness & Sports, and the Healthy Fitness Leaders Award banquet.

In Atlanta at the meeting of the American Cancer Society, we interviewed Dr. Gerald P. Murphy who is a urologist and is also the chief medical officer of the American Cancer Society. He told me that the Society will act on changing their guidelines to recommend PSA testing for screening all men 50 and over.

"Are you in favor of the recommendation?" I asked.

"Of course," he replied.

"What do you make of the recent adverse publicity about screenings put forth by Dr. Chodak in Chicago?" I asked him.

"He's just been reading his own press clips," Dr. Murphy responded and laughed. ❦

The Surprise

continued from page 92

years of searching left. You have given me so much. How could I think or bargain whether or not you are the ones to whom I should pass on these little memories of mine?

"Mike, I received this watch from my mother on my graduation. I always wanted to buy a new one, but it is such a good watch, faithful, always giving the right time. There was no real excuse to buy another. I hope every time you look at it will be a happy hour for you.

"Mildred, the brooch is also from my mother. I know you will cherish it as I do. Among the trinkets my mother left me was this little gold locket. It will look so pretty on Lily. I know my mother would have wished her to have it. The gold ring with the stone is for Evelyn. It will be too large for her, but she will grow into it and, one day, I hope she will wear it with joy and, perhaps, say 'This is from Uncle Ad Higgins.'

"I dislike giving money as a Christmas present. But, unfortunately, Flax, there was nothing in my closet or in my mother's jewelry box you would have enjoyed. So, the contents of your envelope are for the best steak available in town and a nice, soft collar that will feel good; and, sometimes, you might sniff it and just wag your tail a little while thinking of me.

"I want to say one thing more. I have received so much that I should feel ashamed if you were to thank me. When I see you today at two o'clock, you would make me very happy if you would not say anything. Just le me feel as though I had been with yo to open these packages, as I will b in spirit, thinking of you while yo open them. Until we meet again, my dear friends, yours, A. H. Higgins."

Mr. Higgins would have enjoyed al the love and attention he received, no only on Christmas Day but also o the day of his funeral—and on many many days to follow. They ofte spoke of him, and when someon asked, "Who is A. H. Higgins?" the said, "Our best friend."

There was only one incident whic Mike never mentioned, even t Mildred. He was driving home fro the funeral when, in spite of the fa that there was no traffic ahead, h stopped his car abruptly. A few m ments later, ignoring th horns of drivers behin him, he moved slowly of A short distance away, a he rounded a curve, h was forced to stop agai His side of the highwa was blocked by a wre involving several cars. must have just occurre for the ambulance had n yet arrived. He walk forward to see if he cou be of assistance, but t highway patrol had t situation in hand and w trying to clear the lane.

Turning back, Mike s the driver of the car b hind his waiting for him

"I owe you an apolo Mac," the man said, lau ing nervously. "I was s as hell when you stopp back there and I had slam on my brakes to k from running into Why, we might have p right into this! Y couldn't have seen wreck before the cur What made you stop a sudden?"

"I don't know," s Mike. "My motor j conked out."

He couldn't very v have told him that he stopped abruptly beca just in front of his car, had suddenly seen A. Higgins' smiling face, seen him waving, cal for attention. ❦

You Be the Judge

by William Donaldson

To lull insomnia victims into sweet insensibility, a syrupy-voiced actor named Erforth made several thousand records of what he called his sleep-inducing monologue. These he advertised as guaranteeing slumber if played at bedtime. When a skeptical United States district attorney tested the record on some eminent physicians, they declared that it was no more of a sleep inducer than many after-dinner speakers. The district attorney then confiscated Erforth's remaining records under a law banning "any device for which false or misleading healing or curing claims are made." Erforth sued to get them back.

"Those doctors want to protect their profession's monopoly in prescribing sleeping drugs," he asserted. "As I make no claim to cure the physical or mental basis of insomnia, the law does not apply to my records."

"Erforth is guilty of false advertising by claiming that his records will wipe out insomnia when in fact they don't," the district attorney argued. "Accordingly, the government was right in confiscating the records."

If you were the judge, would you give the records back to Erforth?

Erforth lost. The court said he was guilty of false advertising. It added that his misrepresentations would lead insomnia sufferers who bought the records to postpone seeking the competent medical advice they might need..

Based upon a 1951 United States decision.

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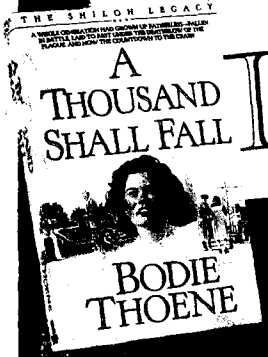

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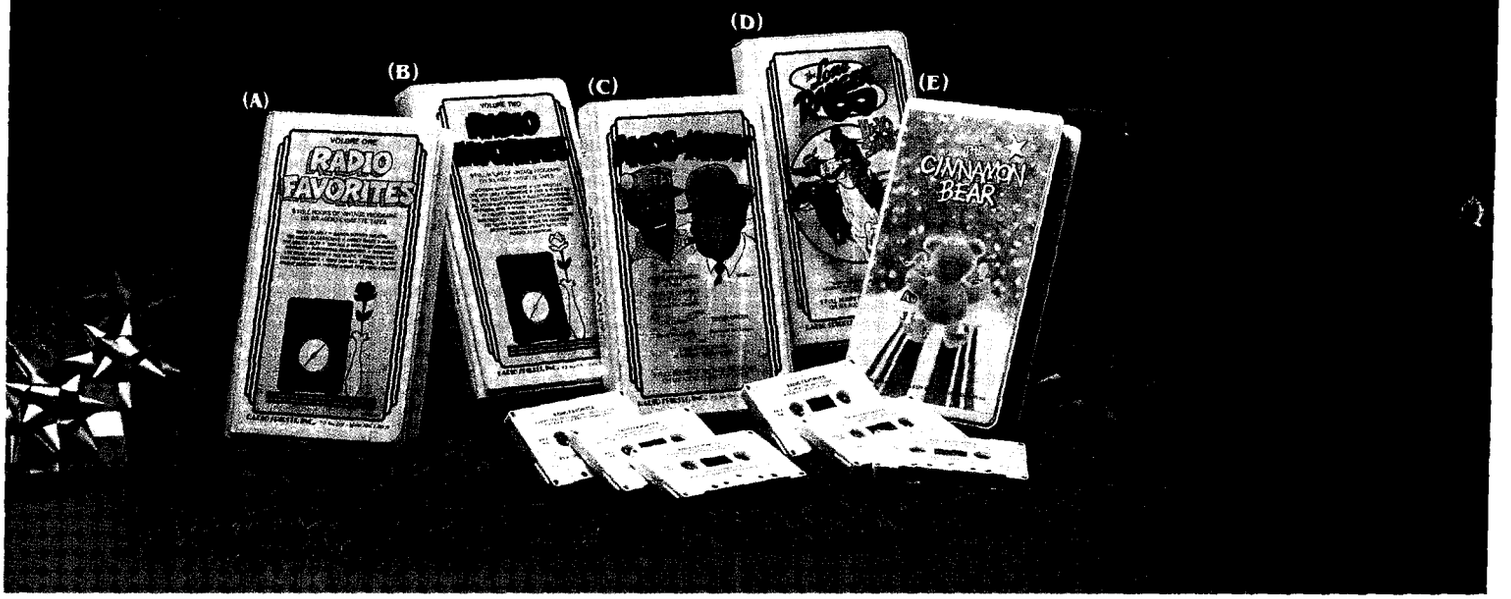

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Where Do You Think You Are?

(answers from page 84)

(Theme: Great American Actresses)

1. Crawford, GA
2. Gardner, ND
3. Garland, PA
4. Hayes, LA
5. Hayward, WI
6. Hepburn, OH
7. Kelly, WY
8. Sevier, UT
9. Bancroft, ID

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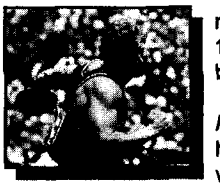

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If you have Leg Pain or Angina, Read This before it's Too Late

(SPECIAL FEATURE)–If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves–the natural way–without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

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- **Reduce the risk of bypass surgery**
- **Lower the incidence of heart disease**
- **Reduce dizziness & loss of balance**
- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
- **Reduce blood triglyceride levels**
- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
- **The real truth about Omega-3 fish oils**
- **The real truth about polyunsaturated fats**
- **How to calm your nerves naturally**
- **What simple food helps you lose weight**
- **Relieve gas and constipation naturally**

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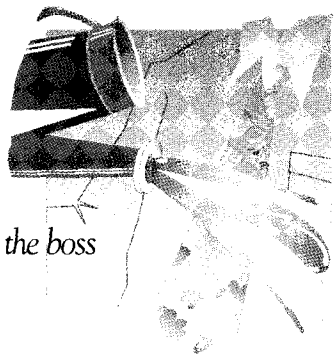

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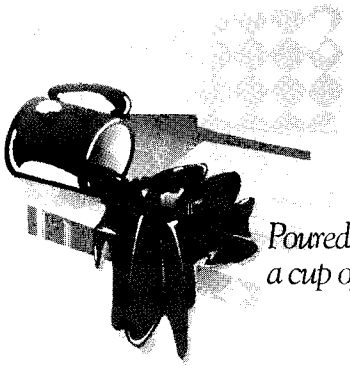

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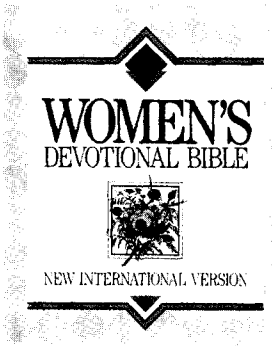

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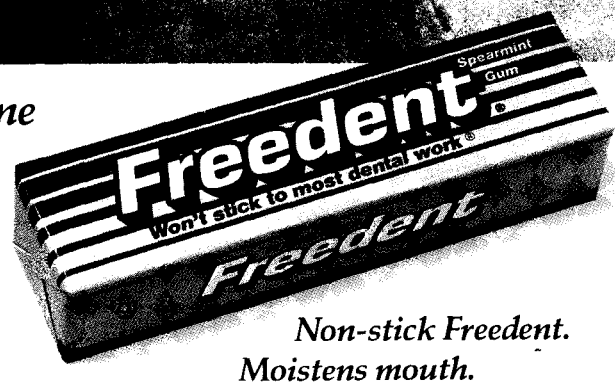

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